PAIN-FREE KNEES! THE SAFE WAY TO TREAT THE CREAK p48

250TH ISSUE

RUNNER'S WORLD

TWO OCEANS 2015
5 LEGENDS
206 RACES
11 536KM
RACE-DAY ADVICE, LASTING MOTIVATION & STORIES TO INSPIRE
p56

WHAT (&WHEN) TO EAT POST-RUN
p55

IS IT OKAY TO RUN IN YESTERDAY'S SWEATY SHORTS?
p23

BEGINNERS LEARN TO LOVE EVERY RUN p34

DOUBLE YOUR ENDURANCE ACTION PLAN p32

Bruce Fordyce's State of the (Running) Nation Address
(NOTE: NO JAMMING DEVICES NECESSARY!)

FITTER, HEALTHIER, HAPPIER
The 12 Habits of Highly-Motivated Runners

GEAR
BEST CAPS & SOCKS FOR EVERY RUN p38

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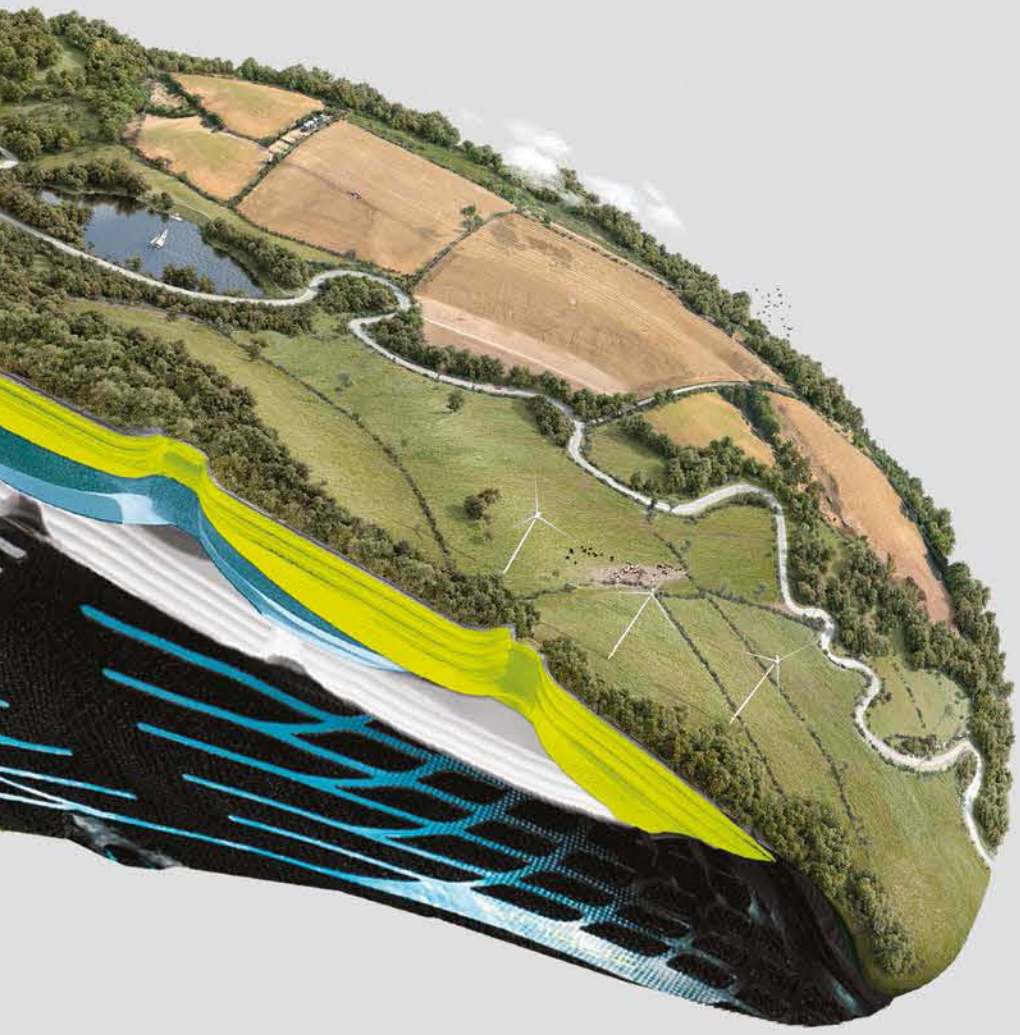

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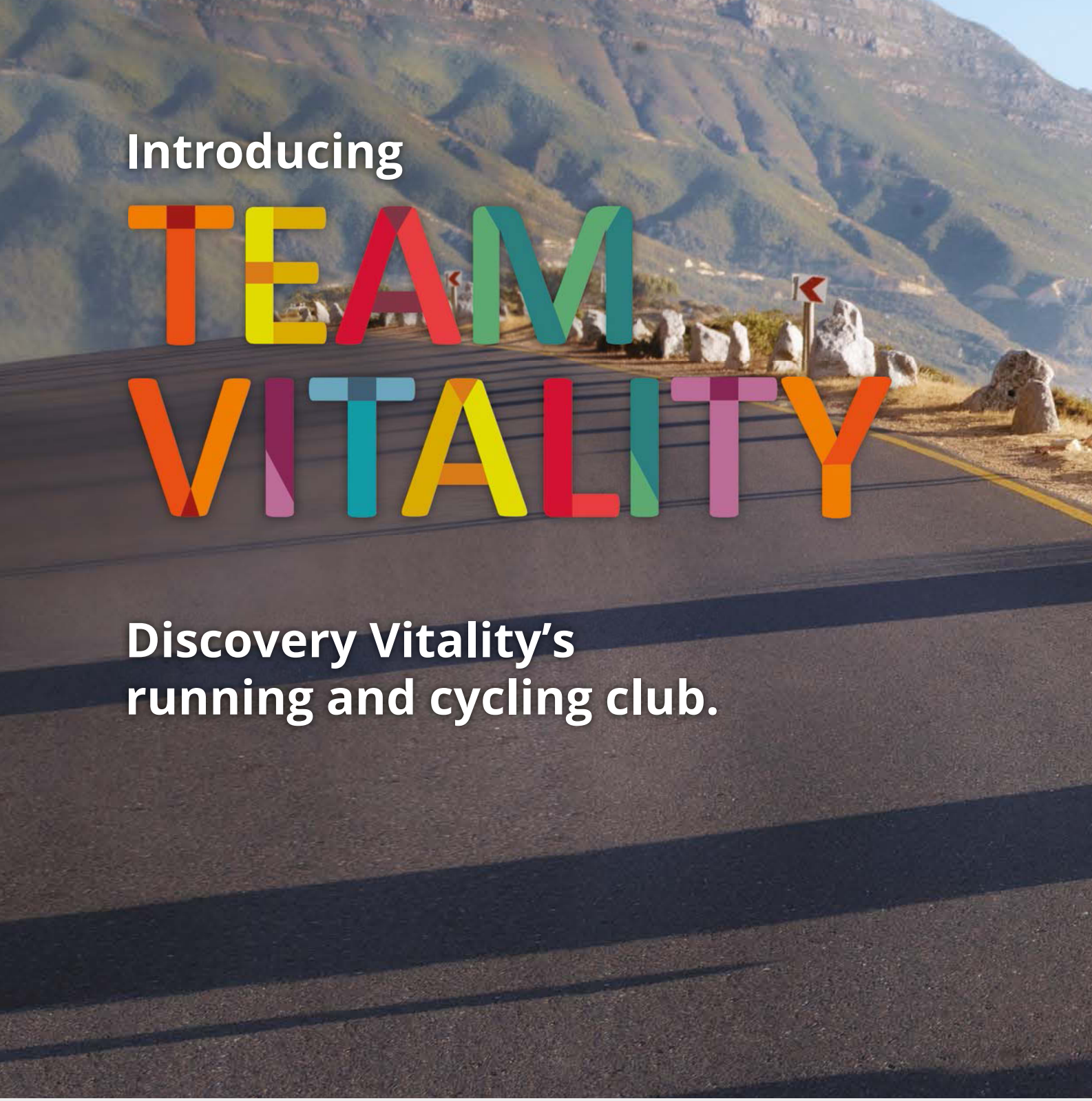

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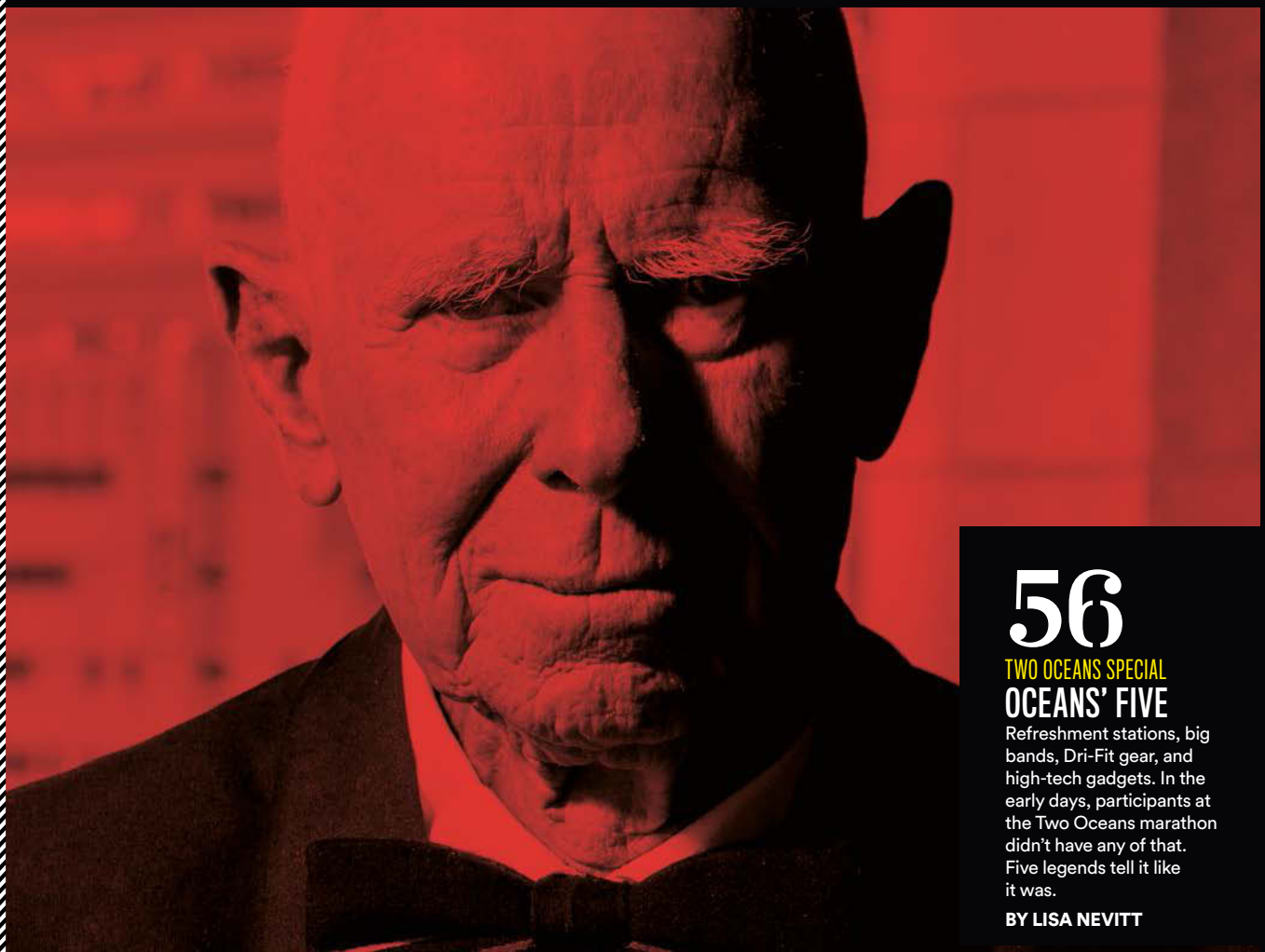
WARM-UP

APRIL 2015

CONTENTS | THE LOOP 10 | RAVE RUN 14 | EDITOR'S LETTER 18



56
TWO OCEANS SPECIAL

OCEANS' FIVE
Refreshment stations, big bands, Dri-Fit gear, and high-tech gadgets. In the early days, participants at the Two Oceans marathon didn't have any of that. Five legends tell it like it was.

BY LISA NEVITT

ON THE COVER

The Right Pill To Pop....48
Two Oceans Legends....56
All About That Base....32
Love Every Run....34
Successful Habits....64
Socks And Caps....38
Post-Run Fuel....55
The Singlet....23
Bruce Fordyce....78

64
HOP ON THE HABIT TRAIL
Pick goals you can achieve every day – like sitting less and sleeping more – for a fitter, healthier, and happier you.
BY CINDY KUZMA

74
COMRADES TRAINING: PART TWO
In the April instalment of the 2015 Bronze Programme, official Comrades coach Lindsey Parry discusses the importance of holding back.
BY LINDSEY PARRY

78
SO{R}NA
What does your running future hold? *Runner's World* Editor-at-Large and Comrades King Bruce Fordyce delivers his State Of The (Running) Nation Address for 2015.
BY BRUCE FORDYCE

82
THE DARJEELING EXPRESS
Chapatis, constipation and criminal climbs – anyone can be a tourist, but to truly experience India, try a 160km run through the Himalayas...
BY BRYONY MCCORMICK

PHOTOGRAPH BY **NICK ALDRIDGE**

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WARM-UP

CONTENTS

HUMAN RACE

21 **Adventurer Brandon Finn** A history lesson ignites a 400-kilometre adventure.
23 **The Singlet** He knows it all.
24 **I Ran It Off!** Almost 15 years later, Lanie Nel returns to Comrades.

PERSONAL BEST

TRAINING

31 **Break Some Eggs!** And eat the whole package.
32 **All About That Base** A month (or two) of easy running yields strength and confidence.
34 **The Starting Line** Simple tweaks will add joy to your runs.
35 **Ask The Experts**
36 **The Fast Lane** Best place to hone pacing and speed? The track.

MIND+BODY

48 **Drug Bust** Are you relying too much on over-the-counter pain meds to keep you running?
50 **Power Of One** Apps and social media can help solo runners get moving.

FUEL

51 **The Runner's Pantry** The perfect post-run treat? Fudgy biscuits.
52 **Bowled Over** Get more nutritional bang from your oatmeal with sweet or savoury toppings.
54 **Fridge Wisdom** Citrus: does the whole body good.
55 **Quick Bites** Snacks and meals that maximise recovery.

GEAR

38 **Top And Tail** Caps and socks for every run.
44 **The Shoe Test** adidas Ultra Boost

RACES+PLACES

90 **Featured Race** Oorlogskloof Trail Run
92 **Race Diary**

COLUMNS

26 **Planet Runner** MARATHON MOTIVATOR HANETTE STRYDOM
98 **Back of the Pack** THE ELEPHANT UP THE HILL BY BRUCE PINNOCK

WE'RE ALWAYS RUNNING AT RUNNERSWORLD.CO.ZA

WORTH THE WORKOUT

In our April 2015 issue, baking genius Christina Tosi whips up fudgy cocoa biscuits, made with runner-friendly chocolate, for a post-run treat! Make your own, and more: ***runnersworld.co.za/tosi.***

ON THE COVER(S)

APRIL 2015

1. Runner – **Anne Jones**

   Photographed by **Larsen & Talbert**

2. Runners – **John Brimble, Mark Wagenheim, Chet Sainsbury, Rolf Aebischer & Tony Abrahamson**

   Photographed by **Nick Aldridge**

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THE INBOX

WINNING LETTER

NO HALF MEASURES

Last year, I raced 21 half marathons, covering 443 kilometres. But the real reason you should race 21.1km – at least once in your life – is that it truly means something: effort, dedication, commitment, intent, strategy and drive. Putting one foot in front of the other not only gave me an outlet, a chance to escape the hamster-wheel grind of my working week; testing situations – such as traffic, and my children's upcoming exams – became a breeze, because running made me resilient to defeat.
- BARBARA HOFFMAN, PRETORIA

GROUND-DOG DAY

One Saturday morning I was out for my usual 10-K, when a grizzly-looking dog jumped out of the window of its owner's car, and began to chase me. I shook my water bottle at the dog threateningly, and eventually its owner managed to get a firm hold on its lead. Thankfully, the dog hadn't got hold of me; but the next day I ran the race of my life, imagining a ferocious hound was in hot pursuit. - JAMES CARROLUS, JOHANNESBURG

SWINGS AND COMRADES

I promised my parents I'd build my two-year-old son a swing. Only, Comrades training took up all of my time. One week before the race, my parents suddenly announced they were coming to visit. I panicked, and told them I'd already finished the swing – a white lie – and in hastily trying to put it together, I suffered a fractured rib. Remarkably, I finished Comrades in a respectable 10:47, but there's a moral to this story: no matter how old you are, you can't get away with lying to your parents.
- CHAMP PRINSLOO, SWARTKLIP

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of *RUNNER'S WORLD* and may be published in any medium and for any use worldwide.

POLL

Do you enjoy running downhill?

Yes! **64%**

No. **36%**

What do you do with your plastic water sachet at races?

Drink and drop. **12%**

Throw it in the general direction of a bin. **13%**

Hold onto it until I know I can dispose of it properly. **75%**

THE GALLERY

#INSTARWRUN

We asked runners to show off their race experiences. Here are four submissions that made us envious.

@zoehinis - I have never known such hills! The Pirates 21.1km is a fierce bastard of a race.

@lindajooste - For the LOVE of running.

@quaniet - This morning's run took us through our past: we stood next to the sculptures of the late Chief Luthuli, Archbishop Tutu, FW de Klerk and Nelson Mandela.

@stacey_lees - Up at sunrise for an early-morning run.

PHOTOGRAPHS BY GREG GOODALL (THE LIONS / ATC SUNSET TEAM TIME TRIAL)

This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! **Write to: *Runner's World*, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com** (letters must be no longer than 100 words and must include your name, address and telephone number or email address).

READER COMMENTS

I'm so glad we don't have a 'Comrades Half' or a 'Comrades Trail'. These new routes are great, but they have cheapened the flagship Two Oceans ultra. #moneytalks #everyonehasthetshirt
– Dave Shepherd, *on the new Two Oceans Ultra Trail Run.*

Don't try anything new on the day – try it during training to see what works for you. – ***Jenny,*** *on My Runner's World banter.*

Runners always do this during races. It's not on, and goes against the spirit of running. Rather lose two or three seconds of your time, and protect the environment.
– @vuyo_november, *on plastic-sachet littering at races.*

CELEB COMMENT

"GOOD TO SEE THAT @RHODESTRAILRUN IS SA'S TOUGHEST (COLDEST) RACE IN THE LATEST EDITION OF @RUNNERSWORLDZA – I CAN CERTAINLY VOUCH 4 THAT!"

@JamesRowyn (Rowyn James, Comrades Marathon race director)

TRIUMPHANT TEAM

Congratulations to gear editor Ryan Scott and his casual team, the Lions, who recently came third in the corporate category at the ATC Sunset Team Time Trial.

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WARM-UP

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HANG IN THERE, CHET. LOOKING FORWARD TO SEEING YOU BACK ON THE ROAD AGAIN SOON!

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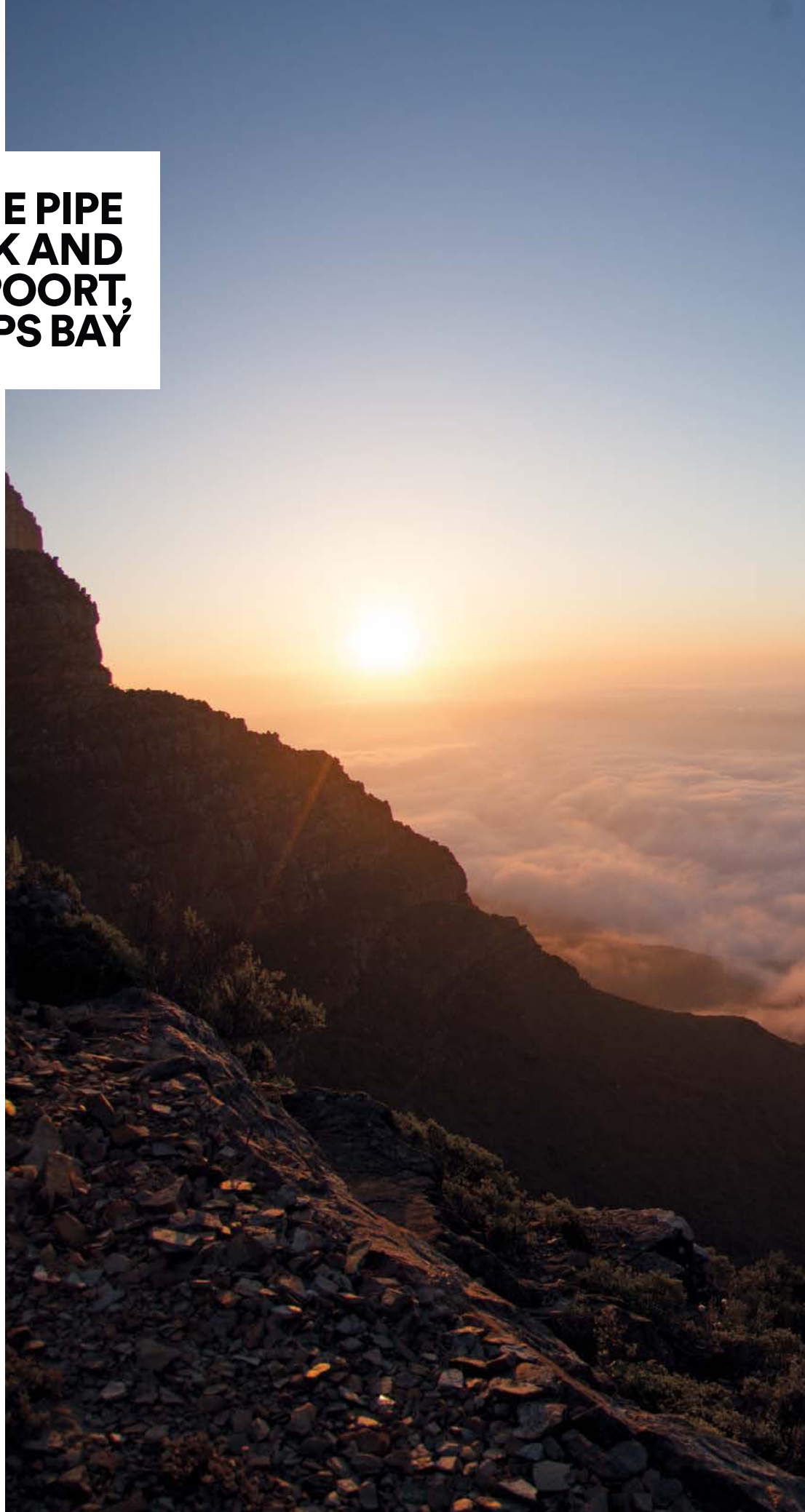
THE PIPE TRACK AND KASTEELSPOORT, CAMPS BAY



PHOTOGRAPHS
Anthony Fox

WORDS
Ryan Scott

RUNNERS
Ryan Scott and Stuart Abbot

GPS LOCATION
33°46'3.95"S 24° 6'8.51"E

GRADING
Beginners will be fine during daylight, but it's not recommended you run these trails at night. Chances are the rocky terrain, lit only by the beam of your headlamp, will cause disorientation – you'll need to focus on your footfalls.

TERRAIN
In your efforts not to take a tumble over the rocky and rooty terrain, you'll be forced to engage with your surroundings. As you run on natural trails up, down and around the gentle bumps on the lower slopes of Table Mountain, the vistas are unparalleled; and even grander if you decide to run the extra Kasteelspoort loop.

BEST TIME TO RUN
Tired of crowds of hikers and picnickers on neighbouring Lion's Head? Running on the Pipe Track at night-time, you'll see the full moon at its best. Pack trail shoes, a warm jacket, and a headlamp in your car boot, and head off straight from the office.

DURATION
The Pipe Track route is 10km out-and-back, an ideal opportunity to self-regulate distance and time. Leave just before sunset, so you can experience the tranquillity of running on the mountain at dusk, and briefly into the night. Don't use this as a training run; instead, find a rock to sit on, and stare out over the lights of Camps Bay, across the beach, and over the vast ocean to the sunset. As the sun goes down, →

RAVE RUN

THE PIPE TRACK & KASTEELSPOORT, CAMPS BAY

crane your neck and witness the full moon rise.

THE NEXT FULL MOON

4 April
4 May
2 June

THE RUN

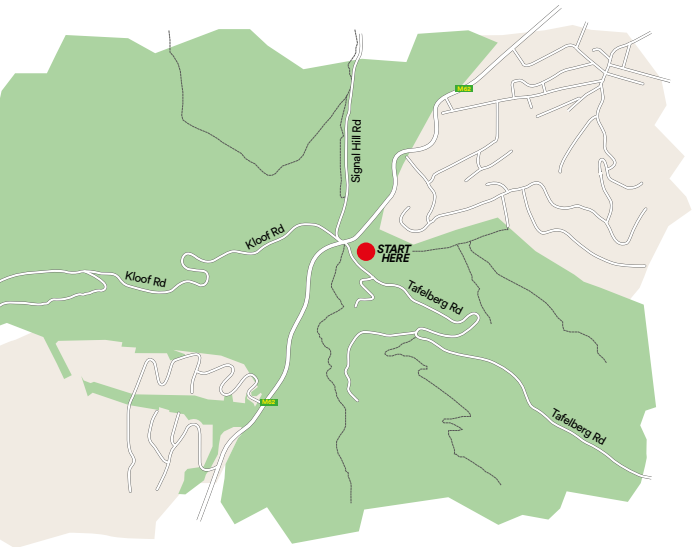
An out-and-back route of 10km. More experienced (and fitter) trail runners can continue up to the top of Table Mountain, turning northward at the summit – the Pipe Track pops out on the top of Table Mountain, half way along the Twelve Apostles – and heading back towards the Kasteelspoort cairn, where you'll find a descent that leads back to the Pipe Track.

GETTING THERE

The parking lot for the Pipe Track is at the top of Kloofnek Road, right at the start of Tafelberg Road. Drive up Kloofnek from the Cape Town City Bowl, or up Camps Bay Drive if approaching from Camps Bay. At the top, take the Cableway Station turnoff. Parking is immediately to your left or right; and if those are full, there's more space to park just 100 metres further up the road, on your left.

INSIDER TIP

The trailhead at the top of Theresa Road, in Camps Bay, is another access point to the trails and jeep tracks leading to the Pipe Track and Kasteelspoort. But don't tell the locals I told you.



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GREAT THINGS

Turn to pg56 now

"Running well is mental strength made possible by careful planning, and conditioning of your body. It's more than merely putting one foot in front of the other. Your race must be pre-ordained. Start early, and run shorter distances in the lead-up to race day."
– John Brimble, 67, 35 Two Oceans finishes

To celebrate a milestone in our history, we're celebrating others.

This is the 250th edition of *Runner's World* South Africa and we couldn't be prouder. Since the first edition in 1992, *RW* has been the biggest-selling running magazine in South Africa, and continues to grow with the audience it serves.

To celebrate this occasion we've also produced a special feature to pay tribute to some of the true heroes of running in South Africa – five guys who have inspired many others, and performed some amazing running feats in the process.

In keeping with their legendary status, we've modelled the five on the characters in the famous *Ocean's* series of movies, and called them the 'Oceans' 5'. Together they have completed 206 Old Mutual Two Oceans Marathon Ultras – and in the process, run a total of 11 500km.

The Big Don is Mr Two Oceans himself, Chet Sainsbury, who was largely responsible for commercialising the event and turning it from a training run for the Comrades into the biggest single-day running event in South Africa.

Sainsbury talks with fondness about meeting the "Celtic Harriers gang members", and of how his love affair with the race started. The legendary five also let us in on some of their race tips and reasons for their success.

All five inspire us in their own ways; but they also talk about having a passion for this race like no other. They love the training, the people and the race itself, and they share some of the 'old-school' tricks that some new runners would do well to heed.

We at *RW* may not have achieved the running feats of Chet and his band of merry men, but we've been through over two decades of running in South Africa. We were there just after Willie Mtolo won the New York marathon in 1992, when Josiah Thugwane won the Olympic Marathon in 1996, and we've seen how the sport has developed and changed.

Today, running is bigger and better than ever. While a strong core of race-ready runners provides the base, there's a new breed of runners – both young and old – who find that running is just the most time-effective and rewarding way to stay fit. Some enter the odd race, and some simply enjoy the regular routes they run on their own.

"Running is just the most time-effective and rewarding way to stay fit."

Our interactions with our readers, both online and via your letters, continue to motivate us and provide most of the inspiration for the stories you see in these pages. So as much as we're celebrating in this issue, we also have our readers to thank for being part of this amazing journey.

MIKE FINCH
EDITOR-IN-CHIEF @MikeFinchSA

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"I'VE BEEN BURNING KILOJOULES LIKE NOBODY'S BUSINESS." p24

HUMAN RACE

p24

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS

MEET THE ADVENTURER

BRANDON FINN

AGE: 24 • **FROM:** CAPE TOWN
PROFESSION: URBAN GEOGRAPHER

A STORY ABOUT 7 000 MINEWORKERS, FORCED TO WALK FROM JOHANNESBURG TO KZN DURING THE SECOND BOER WAR. THAT'S ALL IT TOOK TO IGNITE IN ADVENTURER BRANDON FINN THE DESIRE TO FOLLOW IN THEIR FOOTSTEPS. EXPEDITION IMASHI WAS BORN - A 10-DAY, 400-KILOMETRE RUN.

PHOTOGRAPHS SUPPLIED

400 kilometres: What it took Finn to keep South African history alive.

My love affair with running started when my brother, Arden, asked me if I wanted to run the Two Oceans Half with him in 2010. Initially, I ran to keep him company; but then I began to realise how much I enjoyed it.

I listen to audio books while I run, because I like to learn. I have a lot of interests, and long runs give me plenty of time to learn about anything from history to psychology. (Also, it feels like cheating, because I don't have to spend the time reading!)

"These were migrant workers who couldn't get home during the war."

In 2013, I was training with running legend Nicholas Rupanga for the Cape Town Marathon – my goal was a sub-3:00. But then I got injured the week before the event. So I started training for fast five kays, only to wind up injuring myself again for a further 10 months.

We were hiking down the Kei River in the Eastern Cape when one of my friends told me the story of 7 000 mineworkers, forced to walk from Johannesburg to Hattingspruit in 1899. He suggested we turn their journey into an expedition of our own.

The story shows the deep-seated social and economic disparities that have been present in South Africa for so long. These were migrant workers who couldn't get home during the war.

Can anyone do it? With the right training, nutrition, mindset and support, yes; but only the minority can actually afford the resources. That's why I chose to commemorate the march, and to raise funds for the Big Issue.

My injuries had been caused by speed, which meant I'd had to switch my focus to longer, slower events. So for seven months leading up to my 400-kilometre challenge, I did very little speedwork. But in the process, I built plenty of endurance.

The Expedition was tough, long and arduous, which made it all the more rewarding to finish.

I'm still catching my breath after Imashi. But I'm looking at something even bigger and more difficult. I'd like to explore other historical and social issues, because I want to keep these stories alive. Perhaps I'll even cross the border next time.

I'm impatient. I want to do a host of different events, primarily more expeditions. So, if I had to describe my running in a few words, I'd say I'm an impatient but disciplined and not overly talented runner, whose speed seems to be fluctuating quite a lot.

I want to run Comrades this year. Expedition Imashi has meant that I've spent a lot of time recovering, which is not ideal for Comrades; however, I've starting training with my coach, Kathleen Shuttleworth.
– as told to André Valentine

PHOTOGRAPHS SUPPLIED

Singlet

BECAUSE RUNNING ISN'T JUST ABOUT STRING VESTS.

EVERYBODY NOSE

Is it okay to run in yesterday's sweaty gear? Will anyone notice? – DANIEL, Kingsburgh

A rule of thumb: never wear clothes that stick to your body the following day. You will stink. Other runners will notice. And that's not all, folks… all the evil bacteria spawned from yesterday's run could attack at any given moment, developing into an infection or a rash. In your armpit. In your groin. That's not very nice, is it? Got two pairs of shoes? Swop them around to give each pair a chance to dry out and recover.

WHOOSH!

What is a fartlek? Is it something you should be doing in public? – BRUCE, Gauteng

Burpees? Squats? Fartleks? What in Jane Fonda's name were people thinking when they named these things? Relax – but not too much. While 'fartlek' sounds dodgy in English, it's actually Swedish for 'speed play'… hmm, that's a bit dodgy too. But all it means is 'combine interval and continual training into one session'. Basically it's all about doing short, intense bursts of speed running, followed by slower recovery periods. When you're pushing yourself in a tough race, fartlek will give you a second, uh, wind.

YOU SNOOZE, YOU'RE SUZE

I really want to start running before work in the morning, but I have a love-hate relationship with my snooze button. How do I get myself out of bed at ridiculous hours? – SUSAN, Benoni

When I started training harder, I found myself in the same predicament: I knew I needed more time to train, which meant getting up earlier in the morning. Problem was, slumber mode often prevailed. But after some trial and error, I worked out a fail-safe system. It helps if you live alone, because your snoozing beloved will find what I'm about to tell you irritating…

The night before, lay out everything you'll need to get going in the morning: kit, shoes, water bottle, hat, front door keys, and a banana. Next, set a gauntlet of alarm clocks. Not cell phones; alarm clocks. Make sure that the first is by your bedside table, the next halfway to your bedroom door, and the third just outside in the passage. That last ringer is crucial. It must still be within earshot, so you can't sleep through it; and enough of a pain that once you've stopped alarms one, two *and* three, you're most definitely awake. Now get dressed, eat, and hit the road. Eventually it will become habit.

Another option is to start going to bed *really* early. But who wants to do that?

"All the evil bacteria spawned from yesterday's run could attack at any given moment."

"Trod on my friend's toe – and didn't apologise!"

– Nigel Greenwood, on the rudest thing he's ever seen a fellow runner do.

You Asked Me

Trail star Ryan Sandes answers your off-road questions.

TOO-DA-LOO!

Do you stop for a toilet break during a 100-miler? – KATLEHO, Aberdeen

When you're running for between 14 and 24 hours, the odd pit stop is necessary. I'll never forget running the long stage of the Sahara Desert race with Dean Karnazes. At the same time as talking to me, he was peeing on the run. As I found out, that's no easy feat – it took lots of dedicated training (and spillage) for the following two years before I mastered it.

I try to avoid doing a number two; but once or twice I've had to duck into the bushes. Mark – a well-known Australian Ironman athlete – once told me a funny story about an adventure race he did in a mixed team. During one of the stages, he ran ahead of the group, in desperate need of the loo. Now, Mark was racing with two pretty ladies and wanted to keep things tidy, so he used one of his socks to wipe. The deed was done; he continued his run, then waited for his teammates to catch up.

But one of the ladies was a tad grumpy. Turns out, she'd just stepped in a gigantic 'landmine' – and one glance at Mark's sockless foot was enough to reveal the culprit.

I would think Mark's invitation to race with that team again got lost in the post.

Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.

ILLUSTRATION BY **ANDY REMENTER**

SECUNDA CHANCE

Why – 15 years on – Lanie Nel is planning his return to Comrades.

The Wake-Up

I was 21 when I decided to tick Comrades off my bucket list. Back then I didn't know much about the technical stuff, like preparation and buying the right shoes. But I got away with 11:32, because I was a determined spring chicken. It was one of the greatest achievements of my life. But after that, the rest of my life got in the way – family commitments, long working hours – and I stopped running altogether.

Almost 15 years later, I was walking in a mall and caught sight of myself in a shop window. That's when I realised I was no longer the person I wanted to be. I was overweight; I'd given up hope.

The Shake-Up

My biggest challenge was in overcoming the lack of self-belief that had accumulated over time, and realising that the only person who could really improve my situation was me. So I entered Comrades 2015, and began to set small goals to motivate myself.

Carrying all that extra weight during my initial five-kay training runs was anything but good for my back and joints, and initially I suffered aches and pains. But as with most things, running's got easier the more I've done it. Combined with dietary changes like cutting back on sugar and loading up on wholesome carbs, I've been burning kilojoules like nobody's business.

The Reward

What's got me this far is my rekindled determination to do what I set my heart on. (I now live in Mozambique, and believe me, it takes stacks of resolution to run in that humidity.)

Most importantly, the next time I catch sight of myself in a shop window at the mall, I'll smile. I'm proud of how far I've come, and I have faith in how far I can go. – *As told to Lisa Nevitt*

LANIE NEL

Age: 36

Home Town: Secunda

Height: 1.83m

Occupation: Maintenance Technician

Time Required: 3 months

Then: 101kg

Now: 89kg

HAVE YOU RUN OFF SIGNIFICANT WEIGHT AND CHANGED YOUR LIFE? SHOW US YOUR BEFORE-AND-AFTER USING **#RWIRANITOFF** ON INSTAGRAM OR TWITTER, OR EMAIL YOUR STORY TO RWLETTERS@MEDIA24.COM.

PHOTOGRAPHS SUPPLIED.

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Planet Runner

BY HANETTE STRYDOM

MARATHON MOTIVATOR

How having an on-site motivator can get you over *any* mental wall.

Marathon day. Have I had any sleep? Hardly any. All packed and ready to go. Race food, supplements, electrolytes, and sunscreen – if you can name it, it's probably been squeezed into my race bag. It's still dark when we arrive at the start venue to collect our numbers, but my dear friend and teammate, Shaun Naidoo (affectionately known as Horsepower), is his usual cheerful self. A "hello" here, a "hi" there, and a "good luck for your race".

Bleary-eyed, we walk to the starting line among droves of runners. Horsepower thrusts an energy gel into my hand, explaining, "Take one of these now, and then we'll eat something every hour."

The starting gun splits the air. This is it. It's really happening. Have I done enough to finish the notoriously difficult Red Hill Marathon? Shaun thinks we can do it in less than five hours!

Thankfully, we can't ask for a better start to the race. The scenery is beautiful, and there's a light breeze. Horsepower is taking photos of almost every runner we pass (or at

PHOTOGRAPHS COURTESY OF SHAUN NAIDOO

"... I realise his predictions are starting to come true..."

Who is the most inspirational person you've ever run with?

"I ran the last three kays of a half marathon with Nic Bester when I was 21. I won it in 89 minutes, and he helped me stay in front till the end." – Marieke Coetzer

"My dad was a top runner, with enviable times. It's unfortunate he can't run any more." – Gary Victor Michael Ingram

"Caster Semenya flew past me and gave me a thumbs-up." – Salomé Hanli Le Roux

"My friend Lauren Shenfeld suffers from serious asthma, but it never stops her!" – Errick McAdams

"My mom is almost twice my age, and her body is almost giving up. She wakes up at 5am, every single day, to run." – Vuyile Mahlangeni

least, those who pass us).

In the past, I've always found that when racing alone, my own internal struggles, pains and niggles become my main focus. But now I'm racing with Shaun, I've all but forgotten about those issues. I'm sharing his fascination with nature and people. I'm living in the moment.

As we reach the 16km mark, the sub-five pace bus from Bellville (also known as Wietse's Bus) catches up to us. On the bus are some pretty inspiring folks, including Hilton Murray, who ran the equivalent of 10 Comrades distances in 10 days, in support of the PinkDrive.

So Wietse is carrying this big flag with 'sub-five' emblazoned across it, and I'm trying to keep it within my sights. Sometimes I fall behind; sometimes I find the strength to catch up. All the while, I have that nagging feeling I'm holding Horsepower back – but he proves his commitment to me by allowing a group of pretty girls he could easily keep up with to pass us.

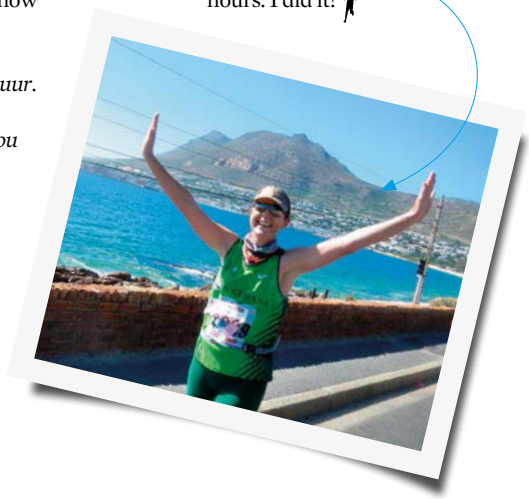
Then we reach a hill. Actually, 'hill' is an understatement – 'mountain' is a better choice of word. As the bus runs and walks up the mountain, my wheels are starting to come off. I've run out of breath, I feel dizzy and nauseous, and my throat is constricted. Am I suffering from every possible ailment?

Admitting defeat, I slump on a rock at the side of the road, hyperventilating. And watch, heartbroken, as the bus disappears into the distance – along with my hopes of running under five hours.

I've forgotten how to speak English.

"Shaun, ek is kapoet. Oor die muur. 'Paste'. Dis verby. Gaan jy – ek kry jou by die einde. Dit is as ek nie dood neerslaan nie."

Horsepower sits next to me, sprays me with his water sachet, and rests a reassuring hand on my shoulder. "Listen," he says, softly. "It's far from over. Give yourself a minute to recover, and then we'll start walking. By the time you start running again, you'll feel rested and energised."



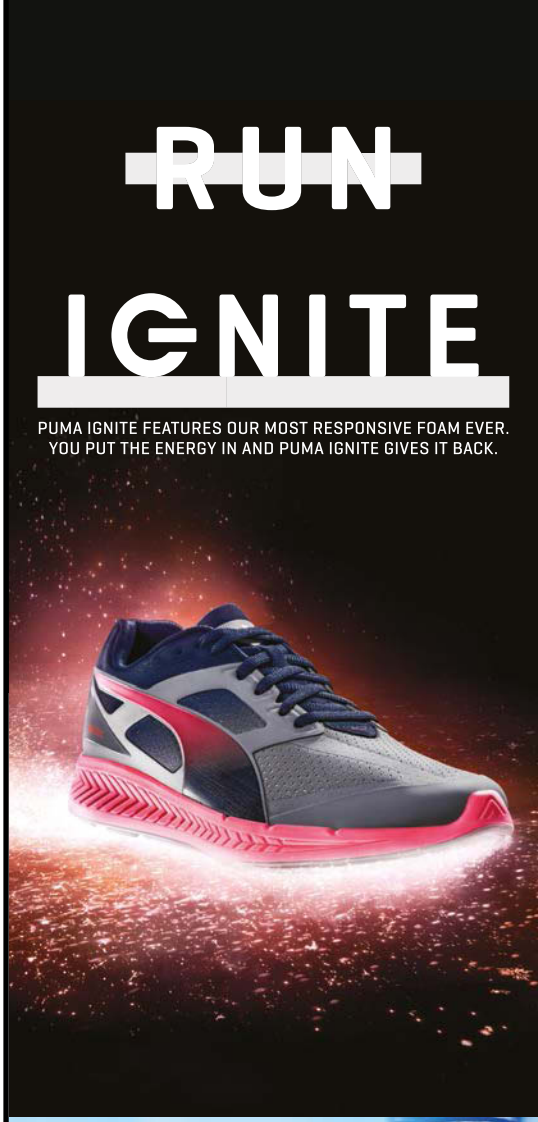
I CAN BREATHE

So we walk, all the way up to the top of the 'mountain'; because running, at this point, is just impossible for me. But by the time we reach the top, I realise his predictions are starting to come true: I feel energised, stronger, and I can breathe again.

We tear down the hill like bullets, making up for lost time. Some of his words will remain as clear as yesterday in my mind. "Don't compare yourself to other runners. The trick is to push through your pain threshold, and cash in on the moments you feel strong."

At the top of the mountain we've got eight kilometres to go, and all marathoners know this is the hardest part. But instead of slinking down in defeat, behind the proverbial 'wall' again, we start belting out a repertoire of motivational songs: *Eye of the Tiger*, *Bohemian Rhapsody*, *We are The Champions*, and *Chariots of Fire*. I don't think our co-runners know what's hit them at first, confronted with two crazy Nedbank runners singing their hearts out. We must be doing something right, because it isn't long before they join in.

By the time I reach the finish line, I can't sing anymore. Everything hurts. My hips, knees, and feet – even my teeth. My body is unmistakably finished; but my heart is filled with joy. Sub-five-hours. I did it!



OLDMUTUAL
TWO OCEANS
MARATHON

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WITH MEDIA

RUNNER'S WORLD

PROF TIM NOAKES

JIMMY NEVIS

DR ROSS TUCKER

ELANA MEYER

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WEDNESDAY PROGRAMME (16H00 – 19H00)		
	MC: Nigel Pierce and Dr Ross Tucker	**Speaker**
16h00	Welcome by MC – announce Twitter/Instagram competition	
16h15	Don't let your running kill you! What the latest research shows	Dr Ross Tucker
16h55	Interview with Jimmy Nevis	
17h30	Twitter/Instagram competition	
17h45	10 strategies to have your best race ever	Dr Ross Tucker and expert squad
	(Pre-race tactics, running fuel, hydration, running shoes,	
	mental aspects of running, anti-inflammatories)	
18h30	***Runner's World* Oceans' 5** (John Brimble, Mark Wagenheim,	Mike Finch and Oceans' 5 Squad
	Tony Abrahamson, Chet Sainsbury, Rolf Aebischer)	

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THURSDAY MORNING PROGRAMME (11H00 – 13H10)		
	MC: Dr Ross Tucker	**Speaker**
11h00	Welcome by MC – announce Twitter/Instagram competition	
11h15	Nutrition & Running – what's hot and what's not?	Dr Ross Tucker
	Weight loss, fuelling on the run and pre- and post-run supplements	Sarah Chantler (dietician)
11h55	Twitter/Instagram competition	
12h10	10 strategies to have your best race ever	Dr Ross Tucker and expert squad
12h50	Interview with Rene Kalmer	

THURSDAY EVENING PROGRAMME (16H00 – 18H00)		
	MC: Mike Finch	**Speaker**
16h00	Welcome by MC – announce Twitter/Instagram competition	
16h15	Legends of Running panel discussion	Mike Finch and legend squad
	Bob de la Motte, Thulani Sibisi, Johnny Halberstadt	
	Chet Sainsbury, Bruce Fordyce, Elana Meyer	
17h00	Twitter/Instagram competition	
17h15	Carbs – friend or foe, or both, to us runners?	Prof Tim Noakes
		Prof Andrew Bosch

FRIDAY PROGRAMME (10H00 – 13H00)		
	MC: Rob Vember and Mike Finch	**Speaker**
10h00	Welcome by MC – announce Twitter/Instagram competition	
11h15	Carbs – friend or foe, or both, to us runners?	Prof Tim Noakes
		Prof Andrew Bosch
12h00	The journey of Yentl & Khalid	Yentl Barros
	Yentl (www.health24.com); Khalid (CEO of SA Institute of Drug-free Sport)	Khalid Galant
12h30	Interview with elite athletes	Lusapho April
		Hendrik Ramaala

*Subject to change

KHALID GALANT

YENTL BARROS

MIKE FINCH

NIGEL PIERCE

OLDMUTUAL

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BREAK SOME EGGS!

Remember when we were scared to eat eggs? Happily for omelette lovers, a study published in January in the *American Heart Journal* suggests even people with coronary heart disease can safely eat two eggs a day without negatively affecting their blood pressure, cholesterol, or body weight. *Vive l'oeuf!* One egg packs six grams of protein and provides vitamin B12 – that's good news for (ovo-) vegetarian runners, who often don't get enough of this vitamin since it's most abundant in animal sources. Eggs are also rich in choline, a brain nutrient that aids memory, and lutein, an antioxidant essential for healthy eyes. The majority of nutrients are found in the yolk, so eat the whole package.

PHOTOGRAPH BY **JARREN VINK**

ALL ABOUT THAT BASE

Lay the groundwork now to run stronger all year.

By Kelly Bastone

WHETHER YOU'RE HOPING to crush a time goal, lose weight, or simply enjoy a consistent running routine this year, you'll benefit from devoting a month or two to base training. This focus on logging easy-effort kays develops a solid aerobic foundation that you can then maintain or build on (with tempo runs or speedwork). "Putting in the mileage creates changes in your body that go all the way down to the cellular level," says running coach and exercise physiologist Janet Hamilton. During base training, you enlarge your heart chambers, build mitochondria (your cells' power plants), strengthen tendons and other connective tissues, and expand your glycogen storage capacity. Those invisible metamorphoses make you better able to handle – and benefit from – intense workouts later on. "You're training to train," says Dennis Barker, head coach for Team USA, the US national athletics team.

A good base for a new runner might be 15 kays per week (including a five-kay 'long' run), while experienced runners targeting half marathons or longer should aim for 50 or more weekly kilometres. If you're a racer, solid base fitness preps you for faster finishes. Base-building has mental benefits, too: "You'll feel stronger, which ups your enjoyment of any run," Hamilton says. Here's how to build your base – and how to strengthen an already solid foundation.

Just 10 to 15 per cent of weekly mileage should be run at higher intensity.

PHOTOGRAPH BY **GLEN MONTGOMERY**

GETTING STARTED

All runners should build mileage gradually – never exceeding 10 per cent increases from week to week – and should vary the length of their runs. Hamilton recommends one long run (30 to 40 per cent of total weekly mileage), two medium runs (20 per cent), and one or two easy, short-mileage runs (10 per cent) per week. Rein in your pace and save high-intensity speedwork for later: even moderate-intensity runs (10-K pace, which should feel one notch harder than your comfort zone) should represent no more than 10 to 15 per cent of your weekly mileage.

If your joints ache with the mere thought of running four or five times each week, swop your easiest run (or runs, if you're planning five workouts per week) for cardio cross-training. "It takes some stress off your legs while still building aerobic fitness," says 2008 Olympian Amy Yoder Begley, a running coach.

Begley recommends non-weight-bearing exercises such as cycling or aqua-jogging, which give your joints and muscles a break from running's impact forces while challenging your heart and lungs. In her training programmes, every 10 minutes of cardio cross-training equals one running kilometre. "But they have to be quality cardio sessions; you can't just be out for a Sunday stroll," Begley says. Cycling workouts, for example, should use a fast cadence (never below 90 rotations per minute). Make sure to keep a weekly long run and some moderate-intensity mileage, Begley says. (See the foot of the page to learn how to schedule cross-training.)

"You'll feel stronger, which ups your enjoyment of any run."

BUILDING UP

If you've been consistently logging solid mileage for months, there's still room for you to shore up your base before diving into more intense training. You can try adding a midweek longish run, or running doubles (that is, going out twice in one day).

Logging two longer runs each week builds your capacity for distance, which is especially beneficial for runners targeting marathons later in the year. That additional distance workout should be about 75 per cent of the length of your longest run – so if you're logging 25 kilometres at the weekend, your midweek 'long' run should be 16 or 17 kays. "Your goal is quantity, not quality, so don't worry about pace," says Barker. Just be sure to build in adequate recovery after each longer run: if you're running the next day, keep it easy, to give your body a chance to adapt to the longer distances.

When work or family commitments prevent hours-long workouts during the week, occasional doubles can be an effective way to enrich aerobic capability. Start by breaking up a normal mid-length easy run into two sessions: one in the morning, and another in the afternoon or evening. "Do no more than two doubles per week for the first two weeks," says Barker. If your body handles the additional sessions without complaint, try adding two or three kays to one or both of the sessions. Doubles are typically the realm of advanced runners, says Barker; so listen to your body, and back off if anything hurts.

How (and when) to reap the most benefits from cardio cross-training.

CYCLING
Low-impact cycling still works your leg muscles, especially if you're doing hills (equivalent to a moderate- to high-resistance setting on the Spin bike). Don't do it the day before or after a long or otherwise challenging run.

SWIMMING
Since it taxes non-running muscles, swimming is a good cross-training option any day, even the day before or after a tough running workout.

ROWING
This glute-strengthener is fine anytime. Newbies may feel some post-workout muscle soreness or fatigue, but it'll diminish as you adapt – and it shouldn't compromise your long run or your recovery.

You Asked Me *RW* scientific editor Dr Ross Tucker's advice

DEMANDS OF SAND

Why is running on sand difficult? – Mari, Howick

Soft and unstable, sand eliminates one of our most important allies – our tendons. Normally, our tendons act like springs, giving us elastic energy that helps propel us forward, at only half the energy cost. There's a sequence of muscle-tendon events called the Stretch-Shortening Cycle, which involves the muscle first contracting to stretch the tendon, followed by the release of all the elastic energy stored during that stretch.

Take the tendons away, and the work is all on the muscles – and that means double the energy requirement.

Kenyan runners are such dominant long-distance runners because their Achilles tendons have been found to be both longer and stiffer than those of elite runners from other countries. Those two qualities – length and stiffness – determine the performance of the spring, and so they can run more efficiently.

This is also the reason that Oscar Pistorius and other double-amputees running on carbon-fibre blades shouldn't be allowed to compete in able-bodied races. The blades are so long and stiff that they trump tendons for the function they perform.

If you've ever run on sand, you'll have noticed that your calves take strain. That's because in the absence of the Achilles tendon, they're working much harder. Not only must they provide some stability on the uneven surface; they must also propel you forward.

Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY

Finding the right running buddy helps you look forward to your workouts.

MILES OF SMILES

Simple tweaks can help you love every run.

When you think about going for a run, does the prospect excite you or fill you with dread? Even if your reaction falls somewhere in between, the more positive a mind-set you can cultivate, the better: find joy in your runs, and you'll feel motivated to get out next time. Even the most reluctant runner can begin to appreciate the sport more with these four small adjustments.

GET THE RIGHT GEAR

If you're hot, cold, chafed, or blistered, you won't look forward to your next outing. Invest in tops, shorts or tights, and socks made of sweat-wicking fabric, and add gloves, a hat, and a jacket if you live in a cold climate. If your shoes cause problems, head to a specialist shop to get fitted.

STAY UNDER CONTROL

Aside from being unpleasant, running too hard can cause late-in-the-run fatigue, delayed recovery, and injury. To avoid these issues, take walk breaks early and often: run 15 to 60 seconds, then walk 15 to 30 seconds. When you feel in control, you bring more confidence to your runs.

SWITCH IT UP

Mix up your routes, your running surfaces, and your company (or lack thereof). Listen to music, to podcasts, or (gasp!) to nothing. (You might enjoy the peace and quiet.) Take note of which variables make for the best runs, and plan future runs accordingly.

THINK DIFFERENTLY

By thinking 'I *have* to run later', your run becomes just another chore. But running is a privilege. Not everyone can do it, and there may come a day when you won't be able to anymore. If today isn't that day, celebrate it. Think 'I *can* run' instead of 'I *have* to run', to help you remember what a gift you've been given.

You Asked Me
Jeff answers your questions.

I tried running alone and loved it. How do I break the news to my running buddy?

Be honest. Explain that solo running gives you the chance to solve problems, organise your day, or whatever other benefits you've noticed since you started. If you're still interested in running with her, suggest meeting up – just not as often.

I always overdress or underdress. Help!

Choose layers that you can shed (and tie around your waist) or put back on as you start to overheat or get cold. Using a Web app like the What to Wear Tool at runnersworld.co.za/what-to-wear before you head out can also help.

Say What?
Running Jargon, Translated

RUNNER'S HIGH

A mid-run sensation of feeling relaxed and positive, probably caused by the endorphins that are released when you exercise. It's not scientifically proven or guaranteed – some runners claim to get this feeling often, while others say that they've never experienced it.

PHOTOGRAPH BY DOLLAR PHOTO CLUB

Counteract aging with consistent running, cross-training, strength and flexibility work, and drills.

ASK THE EXPERTS

At what age will I start to slow?

Seasoned runners' performances decline half to one per cent per year after about age 35, with a greater fall-off after 60. If you start to run after your mid-30s, you may improve for up to 15 years before the slow-down effect kicks in. – *Greg McMillan, is the founder and head coach of mcmillanrunning.com.*

Is sex the night before a race a bad idea?

There's no evidence that sex before a big physical effort will harm performance, and there's some reason to believe there could be a positive effect: orgasm is known to help you relax, which should allow you to sleep better. As long as you don't pull a muscle, there's no scientific justification for abstinence. – *Jennifer Bass, a longtime runner, is director of communications at The Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University in the US.*

Will I lose weight faster by eliminating snacks, or by running more?

It depends on the types of snacks, and how much more you're willing to run. Cutting out highly processed, sugar-filled foods is the best and easiest way to lose weight without sacrificing good nutrition. If that isn't enough to result in much weight loss, add some running, which burns 235 to 275 kilojoules per kilometre. – *Ashley Holloway is a US-based dietician, sports nutritionist, and certified running coach.*

The Explainer
Below what temperature do you 'see your breath', and why?

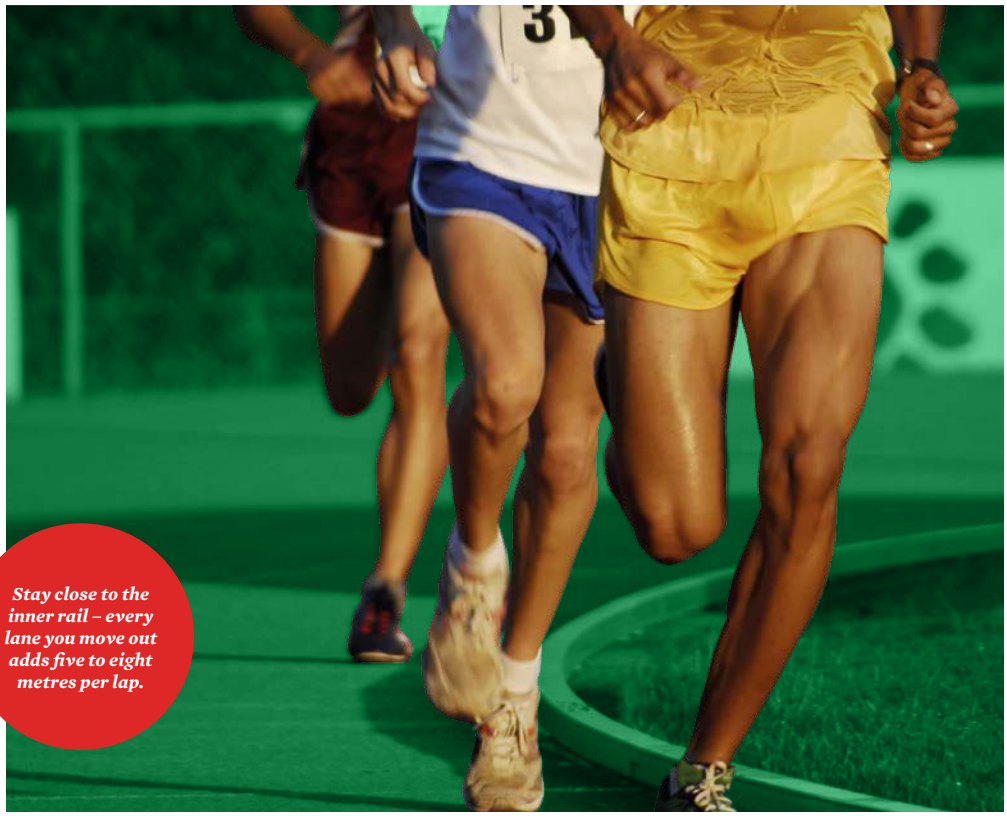
Wherever you live in South Africa, you've probably experienced this phenomenon if you've got up for an outdoor run early enough in the morning, or deep enough into winter. But why does it happen? "When you exhale into cold outdoor air, the moisture in your breath rapidly cools and condenses, creating that small 'cloud'," says Emily Sutton, a runner, triathlete, and TV meteorologist. However, you don't see it as much in summer or in warmer climates, because when the temperature difference between your breath (about 37 degrees) and the outdoor air shrinks, the cloud disappears – typically, when temps rise above seven or eight degrees. But humidity is also a factor; you may see your breath when it's 10 degrees or more if the humidity is above 50 per cent, because damp air tends to trap the moisture in your breath before it can evaporate.

PHOTOGRAPH BY **DOLLAR PHOTO CLUB**

THE FAST LANE

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ALEX HUTCHINSON



Stay close to the inner rail – every lane you move out adds five to eight metres per lap.

TRACK PROGRESS

Race on the oval to become a more skilled competitor.

Most top road runners have years of track racing behind them. The track's crowded packs, regular splits, and lack of distractions help runners master skills that serve them well on any surface. Spend a season focusing on track races (indoor or outdoor) to hone your pacing, pack-running, and speed. Races will provide winter goals and serve as speedwork, so you'll be ready to return to the roads in springtime. Here's what to work on.

CONTROL YOUR PACE

Keeping your pace relatively even is the most efficient way to run, which is hard to do in the chaos of a road-race start. Tracks provide accurate feedback every 400 metres (or at some, 200 metres), allowing you to monitor and adjust your pace, and to look back after the race and assess exactly where you can improve.

APPLY IT Hit the 'split' button on your watch every lap, then analyse the results later. Were your first few laps much faster than the rest? Or did you start at a steady pace but gradually fade? Keep every lap split in the race within a 10-per-cent range: if you averaged 1.20 per 400-metre lap, you shouldn't see laps slower than 1.24 or faster than 1.16. As you get better, aim for five per cent.

JOIN THE PACK

High winds at the 2014 New York City Marathon meant that the runners who sheltered in the lead group saved valuable energy. But running in a crowded pack makes it harder to stick to the shortest line around the twists and turns of a route. The track is a great place to practise balancing this conflict, because the shortest route is clear, and everyone wants to be in that position at the same time.

APPLY IT Make a conscious effort to run right behind other racers, as close as possible without clipping their feet. Get comfortable there, and with having people behind and beside you, but don't get trapped behind others towards the end of the race; and with 400 to 800 metres to go, start looking for openings to make sure you can get out and finish strong.

SPEED UP

Ryan Vail's marathon PB of 2:10.57, set in London last year, works out to just under 3.00 per kay. Sound fast? Sure, but Vail also ran track races last year of 1 500 metres (2.20, on pace for about 2.30 for a kilometre), 5 000 metres (13.28, or 2.40 per kilometre), and 10 000 metres (28.26, or 2.50 per kilometre). The result: when Vail runs a 3.00 kilometre during a marathon, he knows that's a full minute slower than his max speed – it's a confidence-booster.

APPLY IT Track races provide a chance to race shorter distances, like the 1 000 and 3 000 metres, that are rare on the road. If you generally race 5-K or 10-K, focus on the 1 000 or the 1 500; if your usual races are half-marathon or longer, focus on the 3 000 or 5 000 metres. Even if you run road 5-Ks, you'll find that the even rhythm of the track allows you to hold a faster pace. Give yourself at least three chances, and see how close you can get to the equivalent (from a race-times-prediction calculator) of your best time at longer distances.

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TOP AND TAIL

From head to feet, we've got you covered – with these best caps and socks for every run. By Ryan Scott

TOP

Caps keep you cool in the heat, and stop the heat escaping in the cold – in both cases, saving you energy and helping regulate body temperature. Here are some of our favourites for this autumn.

Best for: A soft and comfortable fit.

1 / FUSION R129
The lowest-priced of the bunch is a simple, lightweight peak that imitates the others in design, but with rougher seams and joins. Car headlights hitting the 360° reflective strip will make you stand out at dawn or dusk. *Totalsports*

2 / NIKE FEATHERLIGHT CAP R199
The ergonomic design of this super-lightweight cap provides a shaped fit, as the bottom seam follows an elegant, curved pattern from the temple, over the ear, to the back of the head, for natural fit and feel. Four vents at the top of the head let the heat out, and the Dri-Fit fabric wicks away sweat to help keep you dry and comfortable. *Nike Stores*

3 / NIKE FEATHERLITE VISOR R199
The two-way stretch of the visor itself results in the softest and most comfortable fit of the lot, even with a reinforced rim to keep the visor's form. The forehead fabric is very soft on the skin – a bit too soft in strong wind, when the visor tends to flip and point to the sky. *Nike Stores*

4 / 2XU RUN VISOR R150
An inner fabric that feels like towelling runs from front to back in a generous width, to cover a lot of the forehead. It's not towelling, though – it's nylon, which is still light and comfortable, but not like those old-school, heavy, towelled peaks. The sleek styling of the classy 2XU is anything but old-school, and the comfortable fit stays put, even in strong winds and speedy running. *www.2xu.co.za*

5 / NEW BALANCE CAP R230
The air vents on either side for heat dissipation take up almost half of the surface area, and the paper-thin fabric of the rest of the cap is so light, it hardly feels like you're wearing anything on your head. An easy-to-grab tab at the closure makes adjusting straightforward while on the run. *New Balance Stores*

EDITOR'S RUNNER'S WORLD CHOICE

6 / ADIDAS CLIMALITE VISOR R180
The outer fabric feels like denim, and the inner is made from moisture-wicking Climalite. Normally the fabric used here is polyester – Climalite's cotton and synthetic combination has a much softer feel. This was the shortest peak we tested; it's for those who are looking to cover just the eyes. Tester Tip: remember, you can remove inner labels for extra comfort. *adidas Concept Stores*

7 / NEW BALANCE VISOR R170
Like the 2XU visor, NB has used a polyester inner to mop up sweat from the brow. The inner's white, so will probably look grimy after a few hot and sweaty runs, but the bright, vibrant outer colour is what everyone will see! The easy-to-grab tab and Velcro closure were easier to adjust while on the run than most of the other visors and peaks tested. *New Balance Stores*

8 / OR SUN RUNNER CAP R350
It's the first time we've used the Outdoor Research brand, picked for its substantial-but-lightweight neck protector. Testers were sent out under the scorching sun, and found that removing – and reattaching – the neck protector was a simple matter of securing two poppers, cleverly situated on the front of the cap for easy access on the run. The material is UPF30. *Cape Union Mart*

PHOTOGRAPHS BY **SÉBASTIEN ROHNER**

Best for:
An easy-to-use neck protector.

TAIL

You've spent a lot of time choosing the right shoes, and you're ready to go – but don't neglect what sits between your shoe and your foot. Finding the right pair of socks can make a world of difference to your running experience. We had a closer look at some of the options available.

1 / 2XU COMPRESSION PERFORMANCE RUN SOCKS R439
Besides looking really good (this teal colour for the ladies was our favourite), these left and right fit-specific socks have extra cushioning on the toe and heel, are seamless for extra comfort, and have a UPF50+ sun protection factor. One tester said: "It was like pulling on tailor-made support stockings for my feet and lower legs." ***www.2xu.co.za***

2 / FIRST ASCENT R200
Your white knee-high compression socks aren't likely to stay that colour for long. But a pressure gradient of 17 to 28mmHg targets specific areas to create graded pressure, and CoolMax fabric manages the perspiration.
www.firstascent.co.za

3 / INJINJI EX-CELERATOR 2.0 R500
The five-toe fit system, together with the graduated lower-leg compression design, enhances circulation, accelerates recovery, and reduces delayed-onset muscle soreness. It can be tricky getting them on, but testers worked out that the toes should all be snugly fitted before pulling the rest of the sock on.
www.thesavage.co.za

4 / ADIDAS CLIMALITE R129
A little tug under the arch from the three stripes was felt by testers as soon as the arch support was pulled into the correct position. The extra toe room just at the tip of the sock made enough of a difference for one tester to remark: "I have a broad forefoot, and this is the first sock I've tried that relieves the pressure I normally feel on my toes." ***Totalsports***

5 / FALKE AR4 VITALIZER R150
For use in both hot and cold temperatures, the Drynamix yarn and ventilation channels aid moisture management and cooling, to keep your feet cool and dry. "The left and right ergonomic structure and reinforced seamless segment running from the heel to toe added a lot of comfort, but only fitted in one of my two pairs of shoes," said a tester, who found the extra padding a bit too much for her trail shoes.
Sportsmans Warehouse

6 / NIKE ELITE RUN R240
The longest pair tested, these loud Nike Elites provide graduated compression – and get you noticed on the road! The compression assists blood flow and provides support for lower leg muscles, which makes recovery more efficient. Dri-Fit fabric wicks sweat away, and the reflective details enhance your visibility when you're caught in car headlights in low-light conditions. ***Nike Stores***

Caught in the headlights: reflective details enhance your visibility.

Running on Air

Sometimes it's fun to wear something to entertain those around you. These **Fusion R39** and **Puma R85** cotton socks are not specifically for running, but can be used to bring lighthearted cheer to your run. Testers reported higher levels of euphoria when wearing these socks compared to any others ***Totalsports***

PHOTOGRAPHS BY **SÉBASTIEN ROHNER**

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Raised Vynafoam is used to roll out the tightness; but don't overlook the rounded grip-ends, which are used for trigger-point release and myofascial release. Comes with a suggestion booklet of 20 massages and trigger-point techniques. ***Totalsports***

IGYM ANKLE WEIGHTS R229
Changeable weights, for different levels of resistance training while running. These 2.27kg (max) weights are built for comfort, with a one-size-fits-most design. Soft, and quickly secured by a Velcro strap. ***Totalsports***

NIKE RUNNING SLAPBAND R179
Made from 50% silicon and 50% steel, the 30cm slapband can be worn around the wrist or ankle in low-light conditions, to be illuminated by oncoming cars headlights – and make you more visible. ***Nike Stores***

NIKE LONG LENGTH RESISTANCE BAND R350
Making use of your body's own resistance can give you a great workout for your legs. Comes with exercise ideas for strengthening the body using variable resistance. ***Nike Stores***

You Asked Me *RW* Gear Editor Ryan Scott is here for you. And your stuff.

PERFECT GIFT

I'm not a runner, but my boyfriend is, and I grabbed a copy of *Runner's World* to get an idea of what to buy him as a birthday gift. I'm still in the dark. Could you help me with some gift suggestions for a passionate runner? – MANDY, Constantia

Luckily for you, Mandy, the unimaginative old tradition of gifting a pair of socks still brings great joy to runners. If you're feeling a little more extravagant, how about a super-lightweight, wind- and rainproof jacket? These are often a grudge purchase for runners, who always struggle with the decision to buy any piece of gear that costs as much as a new pair of shoes. adidas and Nike have some great overwear options, and local brand Cape Storm has the Helium jacket, which will also do the trick. A last gift suggestion is specialised running eyewear – Oakley Radarlock for the win!

COLUMBIA JACKET PHOTOGRAPH SUPPLIED

PHOTOGRAPH BY **SÉBASTIEN ROHNER**

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SNova Glide 7	Cushion	R 1695	SNova Riot 6	Trail	R 1649
Kanadia TR7	Trail	R 1149	Energy Boost 2 ESM	Cushion	R 1849
adiZero Boston 5	Light Cushion	R 1549	adiZero adios Boost 2	Racer	R 1649
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R1080 V5	Cushion	R 1849	M1500	Racer	R 1349
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ADIDAS LAUNCHED their new Energy Boost foam in February 2013, and by the end of the year, the foam with the incredible energy return had been incorporated into most of their running-shoe range – including performance options like the adiZero Adios and the Boston. Since then, marathon records have consistently been broken in the Boost; this new, unique foam is here to stay. We attended the NYC launch of the latest direction the Boost is taking, and all was revealed: in the unveiling of the all-new Ultra Boost.

UPPER

Woven or knit uppers are only growing in popularity; the Ultra Boost has a comfortable, airy, one-piece upper, clamped down by a three-stripe-cage lacing system that brings rigidity to the shoe. While testing in Central Park I loved the fact that the toe is angled up higher than the rest, which helps the shoe roll from heel to toe.

HEEL COUNTER

Immediately, you'll notice the cut-out section in the middle of the heel counter, sitting above the ample 33mm of heel cushioning. The reason for this is to provide support, and keep lateral movement to a minimum while leaving the Achilles tendon free.

PHOTOGRAPHS BY **SÉBASTIEN ROHNER**

COLOUR

For the launch, the shoe was only available with a white midsole and dark upper – but expect to see the 100%-Boost midsole make its move into the rest of the adidas range as the year unfolds.

OUTSOLE

What really made sense – and indeed, translates to increased performance – was the new Stretch Web Outsole. Boost is able to adapt to your foot strike, but a conventional outsole compromises the free movement of the softer midsole. The web provides a lot more flexibility than other outsoles; but together with the shoe's torsion system, it still offers support.

MIDSOLE

The Ultra Boost is an altogether new shoe, built around a midsole previously comprising 80% Boost foam and 20% EVA, but now made up entirely of Boost. Surprisingly, the forefoot didn't feel much softer; however, with the removal of the EVA rim, the overall feel is as springy as any shoe we've ever tested, and the propulsion effect of the Boost foam is noticeable right away, in the initial stage of the foot rebounding from the road surface.

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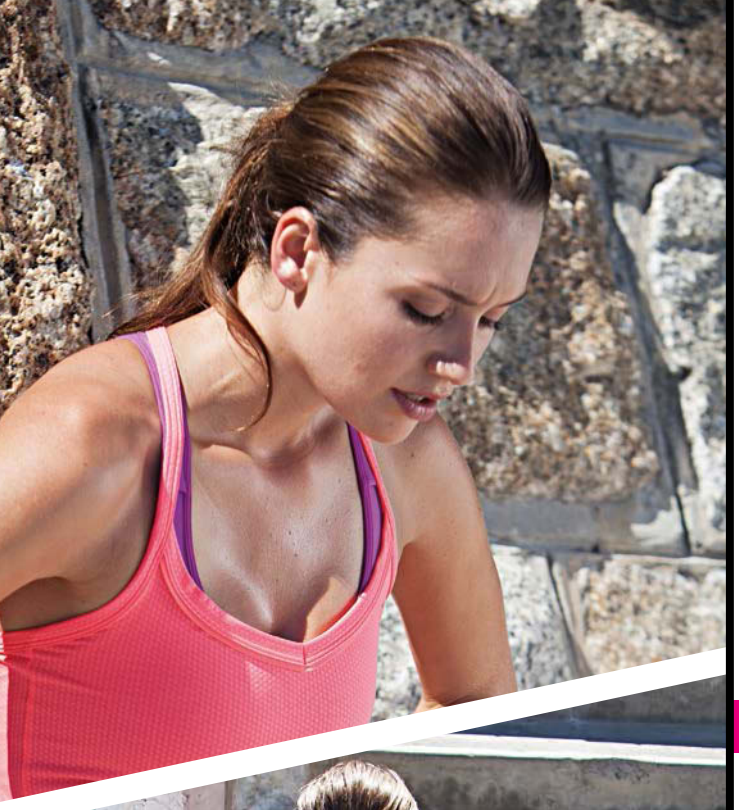

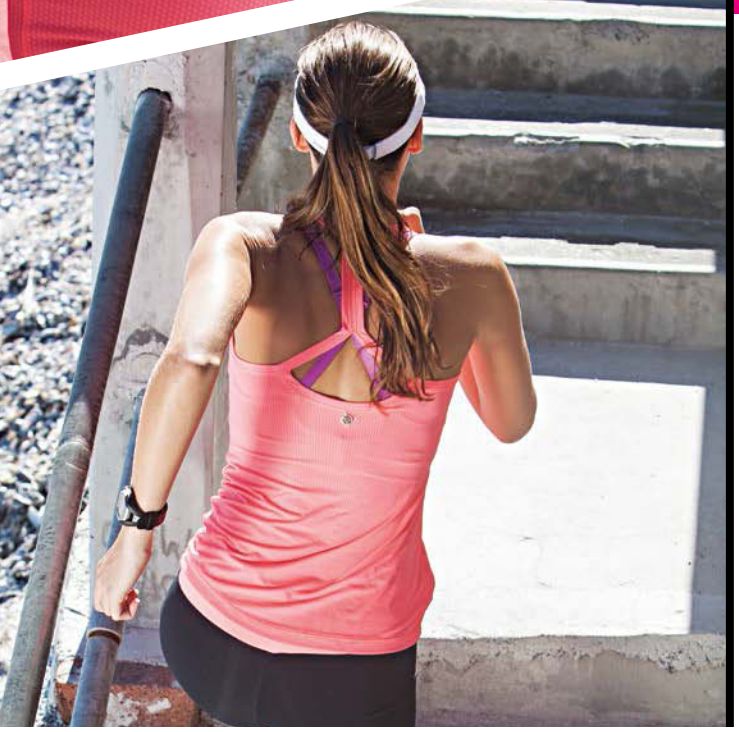

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DRUG BUST

Are you relying too much on over-the-counter pain meds to keep you running?

By A.C. Shilton

Pills can have a place in a runner's bag of tricks. Pre-workout, acetaminophen is the safest choice.

YOU FINISH A HARD WORKOUT, head to the shower, and peer in the medicine cabinet to consider your options: Myprodol? Aleve? Maybe you reflexively grab a bottle and down two pills in a single gulp, without a second thought.

It's hard to pinpoint what percentage of runners regularly take non-steroidal anti-inflammatory drugs (or NSAIDs, the technical term for over-the-counter pain meds); but in 2006, Dr David Nieman, of the Human Performance Lab at Appalachian State University in the US, found that 70 per cent of Western States 100-Mile Endurance Run participants took a chemist-bought painkiller before the event. Likewise, a 2011 study of Ironman triathletes found that nearly 60 per cent had taken an anti-inflammatory in the three months leading up to the race.

You don't have to be an ultra superstud to want to numb a creaky knee. "The usage we see in competitive athletes trickles down to recreational athletes," says Dr Bill McCarberg, founder of the Chronic Pain Management Programme at a US healthcare provider. "People assume they are safe because they're sold over the counter, but pain relievers, particularly NSAIDs, can be risky."

Runners who pop NSAIDs before a distance event hoping to boost their pain tolerance are making a big mistake, Nieman says. In another 2006 study, he gave ibuprofen (600mg and 1 200mg the day before and during the race, respectively) to one group of athletes, and compared their performances to a group who took no meds. He found no statistical difference between the groups' race times, muscle damage, perceived effort, or reported soreness. But some members of the medicated group did have one big consequence. "The ibuprofen disrupted the integrity of the lining cells of the colon; there was a leakage of bacteria into the bloodstream," he says. This can cause a condition called endotoxaemia, which can lead to septic shock in extreme cases. What runners are more likely to experience is amplified inflammation and oxidative stress (the breakdown of certain cells), which can increase soreness and delay recovery. "Ibuprofen can make things worse," Nieman says.

Of course, these meds do also help runners manage aches and pains. See 'The Right Pill to Pop' (right) for how to do that – safely.

Less Is Best

"There's this idea that if one pill is good, three must be better, and that's just not true," says Dr Bill McCarberg, who is chair of the Alliance for Rational NSAID Use and president of the Western Pain Society. "Take as small a dose as you can for the shortest time possible." Start by taking just one pill, even if the bottle recommends two. You can always take a second pill later. And bypass extra-strength versions, he says. Regular strength is probably sufficient, and enables you to better control the amount of medicine you're ingesting.

PHOTOGRAPH BY **JARREN VINK**

THE RIGHT PILL TO POP

The Pain	The Pill	The Good	The Bad	The Prescription
You twisted your ankle on a run, or you ran a hard half marathon and walking down stairs makes you wince.	Ibuprofen (Myprodol)	•Relieves swelling and aches by blocking an enzyme that creates inflammation in the body.	• Can impair kidney function, more so if taken before or during a run. • Can cause GI distress, more so if taken pre- or mid-run.	• Take 1 pill (200 mg) 2-3 hours post-run (once you're rehydrated) for an acute injury or severe soreness. • Don't take for more than four days.
You twisted your ankle on a run or you ran a hard half marathon, and you have a family history of heart disease.	Naproxen Sodium (Aleve)	• Inhibits body's inflammatory response. • Provides longer-lasting relief than ibuprofen. • NSAID associated with lower heart-attack risk.	• Can impair kidney function, especially if taken before or during a run. • Can cause GI distress, especially if taken before a run.	• Take 1 pill (220 mg) 2-3 hours post-run (once you're rehydrated) to relieve an acute injury or severe soreness. • Don't take for more than four days.
You woke up with a killer headache and have a killer workout waiting. Or your foot hurts, but you're set on racing anyway.	Acetaminophen (Tylenol)	Acts as an analgesic but is not an anti-inflammatory, meaning it relieves aches without impacting the stomach or kidneys.	Can have a detrimental effect on your liver if taken frequently or in large doses.	• Take 1 regular-strength pill (325 mg) before or after a run. • Skip the booze. Alcohol increases the med's liver toxicity. • Don't take for more than four days.
You are on a daily low-dose aspirin regimen prescribed by your doctor.	Aspirin (Bayer, Anadin)	• Anti-inflammatory that inhibits blood-clotting to protect against heart disease and stroke. • Analgesic that lessens aches and pains.	• Can cause GI distress if you're not accustomed to it. • Even a low 81mg dose can impair your blood's ability to clot.	• Safe before a run – if you are on a regimen. • Trail (or clutzy) runners may want to skip it due to risk of bleeding. • Can also worsen swelling and bruising.
You're after a big goal and want to reduce the general aches and soreness that come with a long, hard training period.	Quercetin & polyphenol foods and supplements	Diets high in quercetin (found in onions, apples, berries) and polyphenols (found in grapes, plums, coffee) reduce inflammation in athletes.	Supplements should be discussed with your doctor and not overdosed.	• Eat foods rich in these natural anti-inflammatories. • During particularly hard training periods, you can opt to take a supplement to enhance the benefits.

NSAIDs inhibit blood-flow to the kidneys. Kidney circulation can also be suppressed by dehydration. So a dehydrated, NSAID-using athlete's kidneys could struggle to maintain a proper fluid and electrolyte balance.

Taking NSAIDs could increase muscle soreness if taken before or too soon after exercise. Ibuprofen can allow endotoxins to slip into your blood stream, which can cause cell oxidation and result in muscle soreness.

NSAIDs block an enzyme that produces a layer of mucus that protects your stomach. Without it, you're prone to nausea, diarrhoea, and stomach cramps.

That's a Relief!

Meditation is one way to manage pain. In one study, 22 students underwent an experiment in which they received electrical pulses to their arms. Their discomfort level was 50 per cent lower after taking a meditation class.

Hurts So Good
Reasons to suck it up and skip the meds

RECOVER BETTER
During exercise, small tears occur in your muscles, triggering white blood cells to rush in and start rebuilding. If you take an anti-inflammatory, you may interfere with that recovery process.

AVOID INJURY
Pain tells you when it's time to take a rest day. Popping a couple of pills and going out for a run with a dodgy foot or knee is a good way to end up with a serious injury.

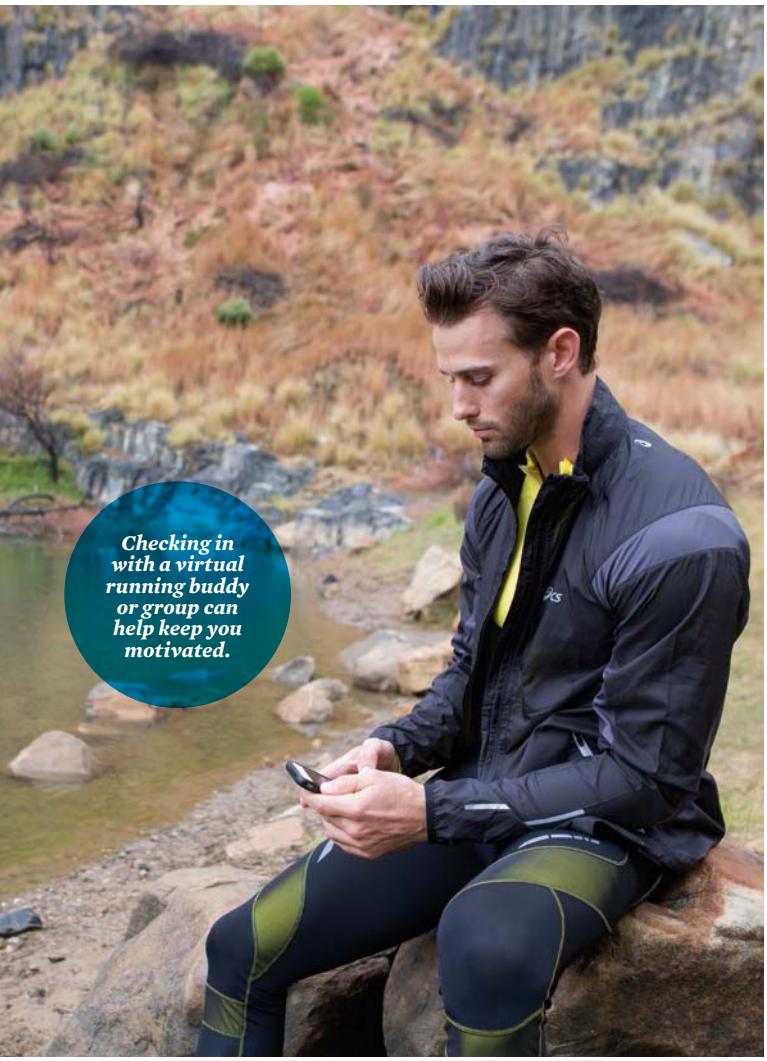
STAY HEALTHY
A 2009 study found that anti-inflammatory drugs inhibited antibody production. Since hard training can suppress immunity, adding an NSAID to the mix may make you more likely to get sick.

ILLUSTRATIONS BY RAMI NIEMI

POWER OF ONE

Are your top training partners me, myself, and I? Eighty-eight per cent of runners who responded to a Runner's World poll say they regularly train on their own. Here's how to put your best foot forward when heading out alone.

By Gigi Douban



Checking in with a virtual running buddy or group can help keep you motivated.

PUSH YOURSELF

When you're always on your own, it's easy to fall into a comfortable pace, week after week. And that can keep you from seeing improvements in fitness and performance. Dr Cindra Kamphoff, director of the Centre for Sport and Performance Psychology at Minnesota State University Mankato in the US, and a 3:05 marathoner, says it's essential to set goals and have a plan to reach them. If you want to get faster and lose weight, make Tuesdays your speedwork day to help you pick up the pace and burn extra kilojoules. Try an app like MapMyRun to track your runs and see your progress. Competitive? Strava lets you race against runners from around the world or just two blocks away.

BE ACCOUNTABLE

It's tempting to sleep in when there's no one relying on you to show up. But Dr Jeff Brown, psychology professor at Harvard Medical School and co-author of *The Winner's Brain*, says a training partner doesn't have to be physically waiting for you to provide motivation. "You and a friend in a different province could sign up for a race and do your training 'together', checking in with SMSes after each run." Social media can also provide positive reinforcement. "Having an audience for your successes is a great way to reinforce that behaviour," says Kamphoff. There are virtual running groups as well.

BEAT BOREDOM

Running isn't all excitement and euphoria, even for running coach Heather Burroughs, who works with US elites Kara Goucher and Jenny Simpson. "There are days when I'm counting down the minutes as soon as I step out the door," she says. Burroughs recommends mixing up your runs and your routes to help time pass faster. A little imagination helps, too, says Kamphoff, who recommends playing mind games – visualise yourself finishing the race you're training for, plan your next holiday...

PRIORITISE *YOU*

Solo runs are selfish runs – they're all about *your* pace, *your* schedule, *your* body. And some days that's just what you need – say, when you're nursing an injury, or a sick kid kept you up half the night. In these cases, skipping on a run with a buddy to go it alone so you can set your own pace and distance will prevent you from overdoing it.

Solitary Enjoyment

***RW*'s Facebook friends share their solo-run tactics.**

"I run alone; it's my time for reflecting, destressing, and planning. My Garmin tracks my kms and pace. I set out with a goal and stick to it."
– Jennifer Ross

"I travel the country each week for business, and take selfies to document all the places I go."
– Rick Mabe

"I stay accountable, by knowing I won't make my race goals if I wimp out – and by just generally wanting to be a badass."
– Cathy Businelle

"I use Nike+ and have friends I compete with to keep it interesting. I also mix in trails and hills, so I'm constantly in new environments."
– Bryon Linthicum

"I joined the virtual group, RunJunkEes. Taking pics, sending out good vibes, chatting about our runs motivates me."
– Katie Cordova

PHOTOGRAPH BY **GLEN MONTGOMERY**

FUEL

PHOTOGRAPH BY MITCH MANDEL; FOOD STYLING BY EMMA FEIGENBAUM

THE ATHLETE'S PALATE

COCOA LOCO

*Baking genius **Christina Tosi** treats herself post-workout with runner-friendly chocolate.*

YOU'VE PROBABLY HEARD that dark chocolate is good for you; it's made from cocoa beans, which contain antioxidant flavonoids that fight inflammation and boost heart health. Cocoa powder and cacao nibs, which also originate from cocoa beans, offer the same nutritional benefits. Christina Tosi, chef and owner of a dessert-centric restaurant called Milk Bar, livens up post-run treats with a variety of cocoa products. "After a run," says Tosi, who logs eight- to 15-kilometre outings as often as she can, "I want a snack that gives bursts of energy, protein, and antioxidants – and tastes good!" Tosi's cookbook, *Milk Bar Life*, will be published in April. – YISHANE LEE

DENSE AND FUDGY COCOA BISCUITS

"Gluten- and dairy-free, these are a delicious treat after a run – or any time."

- 1¾ cups unsweetened cocoa powder
- 1½ cups almond flour or meal
- 2¼ teaspoons cornstarch
- 1½ teaspoons salt
- ¾ teaspoon baking powder
- 1¾ cups + 2 tablespoons coconut puree or cream of coconut
- ½ cup pineapple juice
- ¼ cup water
- 2¾ cups dark chocolate chips

Heat oven to 160°C. Line a baking sheet with wax paper.

In a bowl, add the cocoa powder, flour, cornstarch, salt, and baking powder. Mix until well combined.

While mixing at a steady pace, slowly pour in the coconut puree. Add the pineapple juice and water, continuing to mix until it comes together. Fold in the chocolate chips.

Using a 1/3 measuring cup, portion dough onto the baking sheet, 8-10cm apart. Flatten the dough until biscuits are 10cm in diameter, like thin hamburgers.

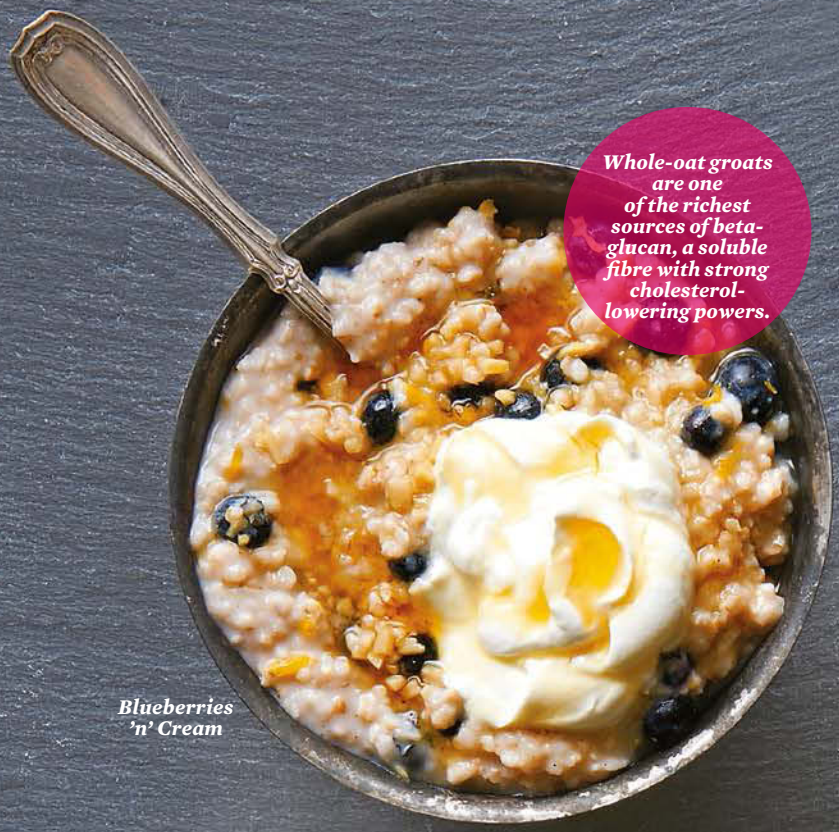
Bake the biscuits for 12 to 15 minutes, or until the edges are lightly crisp. Let them cool completely on the baking sheet. Store in an airtight container in the fridge or freezer.

FOR COMPLETE NUTRITION DATA AND CHRISTINA TOSI'S RECIPE FOR CARAMELISED NUTS AND NIBS, GO TO WWW.RUNNERSWORLD.CO.ZA/TOSI.

BOWLED OVER

Top your carb- and fibre-rich whole-oat groats (available at speciality health-food shops) with sweet or savoury toppings for a tasty nutritional boost.

By Dr Matthew Kadey, registered dietician



Whole-oat groats are one of the richest sources of beta-glucan, a soluble fibre with strong cholesterol-lowering powers.

Blueberries 'n' Cream

HOW TO DISH IT OUT

Cook 1 cup of whole-oat groats according to package directions. When the oats are cooked, add mix-ins to the pot and stir until heated through. Divide the oats into 4 bowls and garnish each serving with toppings.

BLUEBERRIES 'N' CREAM

Blueberries pack more flavonoid antioxidants, which work to fortify heart health, than almost any other fruit. Choose organic berries when you can – studies show they contain higher concentrations of antioxidants than conventionally grown varieties.

STIR INTO THE POT

- ⅓ cup reduced-fat milk
- 1 cup blueberries
- 1 teaspoon lemon zest
- 1 teaspoon ground allspice
- ½ teaspoon almond extract (optional)

TOP EACH SERVING WITH

- ⅓ cup plain low-fat Greek yoghurt
- 1 tablespoon chopped almonds
- 1 teaspoon honey

Per serving: 1 247 kilojoules, 44g carbs, 6g fibre, 17g protein, 8g fat

TROPICAL TWISTER

A splash of coconut milk adds creamy sweetness, while mango packs plenty of vitamin C, which can help lower blood pressure. Cacao nibs have great chocolaty crunch and good amounts of dietary fibre to keep you feeling full all morning long.

STIR INTO THE POT

- ⅓ cup tinned coconut milk
- 2 tablespoons coconut sugar or packed light brown sugar
- 1 teaspoon grated fresh ginger
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cardamom

TOP EACH SERVING WITH

- ½ cup chopped mango
- 1 tablespoon chopped pistachios
- 1 tablespoon cacao nibs

Per serving: 1 435 kilojoules, 54g carbs, 9g fibre, 9g protein, 13g fat

Tropical Twister

Cinnamon-Mocha

LEARN HOW TO MAKE WHOLE-OAT GROATS IN HALF THE TIME AT **RUNNERSWORLD.CO.ZA/FASTOATS.**

Green Eggs and Ham

Chai-Pumpkin

Whole-oat groats are less processed than other oats, so they have a lower glycaemic index, which keeps blood sugar (and energy) at a steady level.

Bacon-Apple-Cheddar

FOOD STYLING BY EMMA FEIGENBAUM. PROP STYLING BY COURTNEY DE WET

PHOTOGRAPH BY MITCH MANDEL

CINNAMON-MOCHA

It tastes indulgent, but this guilt-free combo provides antioxidants (from dark chocolate), potassium (from banana), and heart-healthy fat, thanks to the crunchy hazelnuts.

STIR INTO THE POT

- ¼ cup reduced-fat milk
- 1 banana, mashed
- 60 grams dark chocolate, chopped
- ½ tablespoon instant espresso powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

TOP EACH SERVING WITH

- 1 tablespoon chopped hazelnuts
- 1 tablespoon dried cherries

Per serving: 1 372 kilojoules, 51g carbs, 9g fibre, 9g protein, 12g fat

GREEN EGGS AND HAM

Savoury oats make a great lunch or dinner. Lean ham and eggs pack protein to satisfy your hunger, while spinach contains nitrates that improve muscle functioning during exercise.

STIR INTO THE POT

- ⅓ cup low-sodium chicken or vegetable broth
- 3 cups baby spinach
- ⅓ cup grated Parmesan cheese
- ⅓ cup chopped oil-packed sun-dried tomatoes
- ¼ teaspoon ground black pepper

TOP EACH SERVING WITH

- 30 grams Black Forest ham, chopped
- 1 fried egg
- 1 teaspoon chopped chives
- Dash of chilli sauce

Per serving: 1 339 kilojoules, 32g carbs, 5g fibre, 21g protein, 14g fat

CHAI-PUMPKIN

Pumpkin adds natural sweetness and beta-carotene, a key antioxidant for immune health. Pure maple syrup – particularly the darker varieties – is a source of additional antioxidant firepower.

STIR INTO THE POT

- ¼ cup reduced-fat milk
- ½ cup tinned pumpkin puree
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves

TOP EACH SERVING WITH

- 1 tablespoon chopped pecans or walnuts
- 1 tablespoon unsweetened coconut flakes
- 2 teaspoons pure maple syrup

Per serving: 1 192 kilojoules, 42g carbs, 7g fibre, 8g protein, 12g fat

BACON-APPLE-CHEDDAR

Bacon and apples combine for a sweet and savoury bowl. Cheese provides a dose of bone-building calcium, while recent research shows polyphenol antioxidants in apples can help lower cholesterol.

STIR INTO THE POT

- ⅓ cup apple cider
- 1 apple, chopped
- 3 tablespoons pure maple syrup

TOP EACH SERVING WITH

- ¼ cup shredded cheddar cheese
- 1 slice cooked bacon, crumbled
- 1 tablespoon chopped walnuts

Per serving: 1 707 kilojoules, 45g carbs, 6g fibre, 17g protein, 20g fat

FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPLEGATE, PHD

Use a vegetable peeler to slice off strips of citrus peel, which you can add to water for an infusion of health-boosting flavonoids.

ZEST FOR LIFE

Citrus fruits will be in season soon, and they pack loads of runner-friendly nutrients – while punching up meals with bright flavour.

TO BOOST HEART HEALTH

Blood oranges [1]

The antioxidants that give blood oranges their red hue protect arteries and improve bloodflow.

TO HELP BLOOD PRESSURE

Satsumas [2]

Studies show citrus may help control blood pressure. The effect may be due to flavanols and potassium in citrus (the mineral is key for healthy blood pressure). One satsuma has 200 milligrams of potassium, or six per cent of your daily need.

TO PROTECT DNA

Clementines [3]

One clementine has only 146 kilojoules and more than 60 per cent of your daily vitamin C needs. Studies show vitamin C in citrus protects DNA from oxidative damage caused by pollution and heavy training.

TO LOSE WEIGHT

Grapefruit [4]

Grapefruit is a good source of soluble fibre – the type that helps you feel full. Research also shows a compound (called nootkatone) in the white peel of grapefruit may help improve weight loss by stimulating an enzyme that promotes fat breakdown.

TO FIGHT CANCER

Kumquats [5]

These small, oval fruits have tart flesh and a thin, sweet, edible rind. The rind is rich in flavonoids that possess strong anti-cancer action and have the potential to be used to treat prostate and colon cancers.

TO STRENGTHEN IMMUNE HEALTH

Lemons [6] and limes [7]

The rind of these tart fruits is rich in terpenes, compounds that act as powerful antioxidants that protect immune health and DNA.

Fast Fix
Easy ways to use citrus

SUNNY SALSA

Pair it with tortilla chips, or use as a topping on steak.

- 1 blood orange, peeled and diced
- 2 plum tomatoes chopped
- ½ red onion, diced
- ½ yellow bell pepper, diced
- ⅓ cup chopped coriander (dhania)
- 1 jalapeño, diced

In a bowl, combine the orange, tomatoes, onion, bell pepper, coriander, and jalapeño. Toss well.

SUPER SALAD

The vitamin C in citrus boosts the absorption of iron found in spinach.

- 2 cups rocket
- 2 cups spinach
- 2 satsumas, peeled and chopped
- ¼ cup shaved Parmesan cheese
- ¼ cup pine nuts
- ½ cup halved cherry tomatoes
- 2 tablespoons balsamic-vinegar dressing
- 1 teaspoon lemon zest

In a large bowl, add the rocket, spinach, satsumas, cheese, pine nuts, and cherry tomatoes. Drizzle with the dressing and sprinkle with the zest. Toss to combine.

FOOD STYLING BY EMMA FEIGENBAUM

PHOTOGRAPH BY **MITCH MANDEL**

QUICK BITES

TIME TO EAT!

How you refuel post-run depends on when and how long you were out. These tasty meals and snacks will kick-start your recovery.

By Debra Witt

YOU RAN FOR 45 MINUTES TO 1 HOUR

AND IT'S TIME FOR A SNACK

EAT 630 to 840 kilojoules
- 1 slice wholewheat toast
- 2 teaspoons almond butter
- 1 tablespoon chopped dried apricots [1]

TOTAL TIME 5 minutes

The toast and apricots provide carbs for your muscles and help meet your daily fibre quota. That, in turn, helps cut markers of inflammation throughout the body, including C-reactive protein levels that are linked to heart disease and diabetes.

OR TRY Edamame with a sprinkle of chili powder and sea salt

OR IT'S TIME FOR A MEAL

EAT 1 675 to 2 930 kilojoules
- 170 grams broiled salmon
- ¾ cup wholewheat couscous
- 1½ cups steamed broccoli drizzled with olive oil [3]

TOTAL TIME 15 minutes

Wholewheat couscous is a quick-cooking pasta alternative and contains iron, which helps your body produce blood cells. Salmon packs omega-3 fatty acids, which aid rapid recovery. Broccoli helps replenish potassium, an electrolyte, post-run.

OR TRY Veggie omelette with whole-grain toast

YOU RAN FOR 90 MINUTES OR MORE

AND IT'S TIME FOR A SNACK

EAT about 1 050 kilojoules

A smoothie made with:
- ½ cup strawberries
- 1 cup kale leaves
- ½ cup Greek yoghurt
- ½ banana
- ½ tablespoon nut butter
- 1 tablespoon chia seeds [2]

TOTAL TIME 5 minutes

Kale delivers anti-inflammatory vitamins to soothe tired muscles. Greek yoghurt is a high-protein choice. The fat in nut butter helps improve nutrient absorption.

OR TRY Wholewheat English muffin topped with ½ mashed avocado and tomato slices

OR IT'S TIME FOR A MEAL

EAT 2 100 to 3 350 kilojoules
- 170 grams grilled lean steak
- 1 microwaved sweet potato
- 1 teaspoon butter
- 1½ cups spinach salad [4]

TOTAL TIME 15 minutes

Lean beef is high in iron, which helps fend off fatigue. Sweet potatoes refuel muscles and support your immune system. Spinach packs folate, calcium, magnesium, fibre, and vitamins that are all in greater demand as your mileage climbs.

OR TRY Shrimp, veggie, and brown rice stir-fry

FOOD STYLING BY EMMA FEIGENBAUM

PHOTOGRAPH BY **MITCH MANDEL**

OCEANS'

FIVE

STARRING

CHET
'MR TWO OCEANS'
SAINSBURY

TONY
'TEN GELS'
ABRAHAMSON

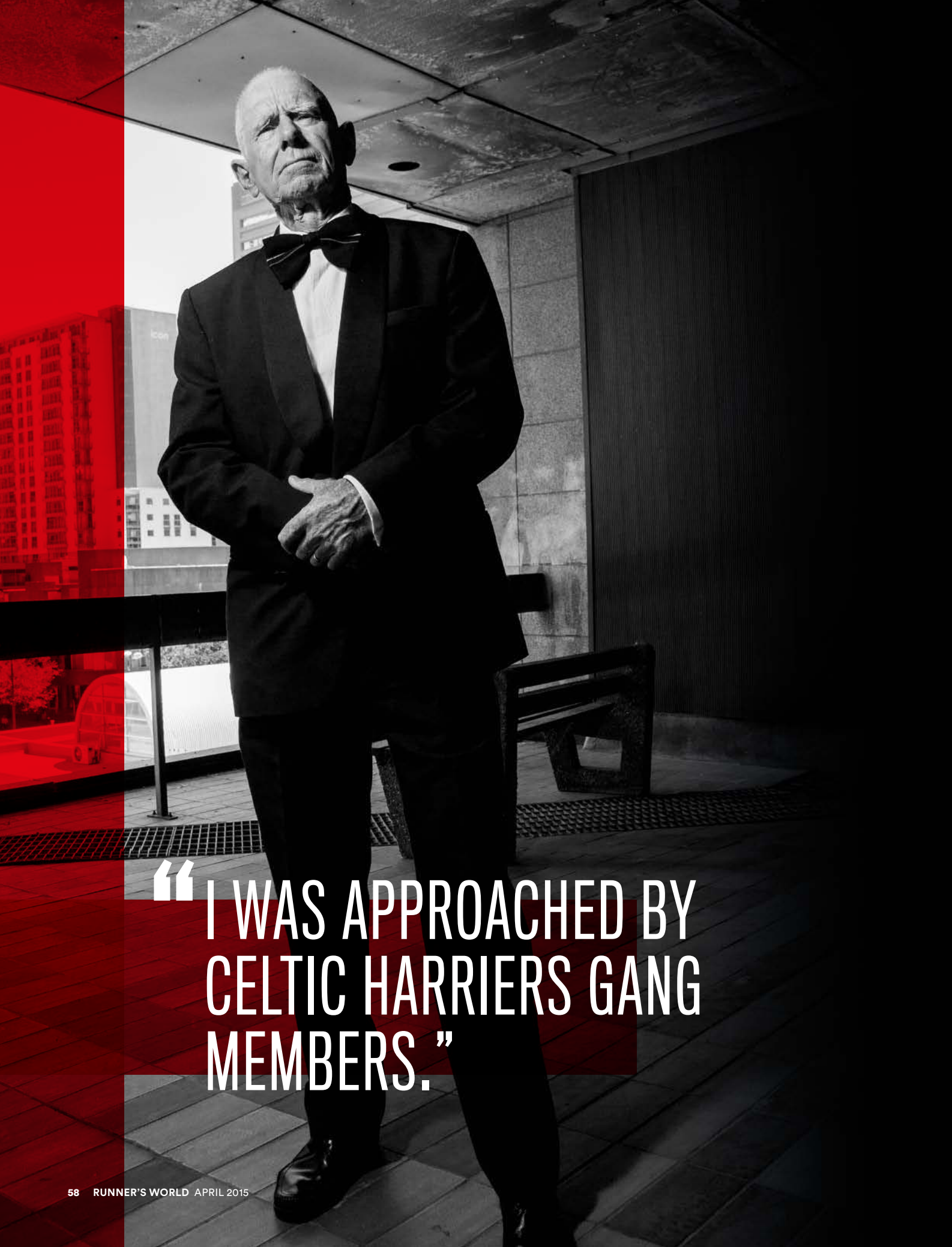
JOHN
'HAUL ASS'
BRIMBLE

ROLF
'THE BUTTERFLY'
AEBISCHER

MARK
'THE COACH'
WAGENHEIM

FIVE STAND-UP GUYS RACE 206 TWO OCEANS ULTRAS, BECOMING LEGENDS. BUT THEY HAD TO START SOMEWHERE...

PRODUCER **LISA NEVITT** • ART DIRECTOR **MARK ARENDSE** • CAMERAMAN **NICK ALDRIDGE**



“I WAS APPROACHED BY CELTIC HARRIERS GANG MEMBERS.”

CHET 'MR TWO OCEANS' SAINSBURY

FINISHES: 32 **PB:** 3:58.01 **KILOMETRES:** 1 792 **AGE:** 72

My story starts like any other – with a woman. Her name was Janet Bailey; a tubby little broad everyone liked to call The First Lady. I remember the day she passed me on the way up to Constantia Nek like it was yesterday.

It was 1978. The GUs, and all that stuff you can rehydrate with – we didn't have any of that. Back then, there were no refreshment stations; instead, you had to rely on people for help. You were lucky if you had a banana stuffed in your pocket.

A guy was seconding me on a scooter. But by the time I got to Hout Bay, he was nowhere to be seen. Turns out he hadn't managed to get up Chapman's Peak. He was, as I recall, quite a big guy.

But as much as I tried, I couldn't catch Janet. Without any ammo, I was spent. As I watched her run out of my life, one of the first things I learned about race-day nutrition was: drink properly, and take your GUs.

I sure as Constantia Nek hadn't done any of that.

Tim Noakes reckons you don't have to carbo-load these days. Me, I enjoy hot cross buns at Easter; and on the day before race day, potatoes at lunchtime, and macaroni cheese for dinner. On race day, I'll have a banana, two slices of toast with honey, and a nice cup of coffee for breakfast.

Four years after that first race, I was approached by Celtic Harriers gang members, and asked to organise the race. (Somehow, they'd exposed my involvement in the Peninsula Marathon.)

I ran the show for the next 28 years – of which my wife Annemarie assisted for 21 – from a variety of lairs: a room in our house; a prefab on the field at Brookside; and some classy changing rooms at Villagers Rugby Club in Claremont.

In 1986 I wanted to run a sub-four, but I was feeling nervous; so I joined Fordyce's pacing bus. He used to drive The Silver Bus. If you stuck with him, you'd earn your metal. Runners and spectators alike knew him, and they shouted at him – shouted at us. We ran 3:58.29 that day. It was a close shave.

When they introduced the Sainsbury medal in 2006, I knew I had to run a sub-five. Although I'd achieved this many times before, the pressure was on to get it this time – on account of it had officially been launched in my name. I'd trained hard, and everything was going fine up until the top of Constantia Nek, but then all of a sudden I got terrible cramps. My adductors felt like Billy the Kid's lassoo. As I started coming down the hill into UCT, I heard the gun. I ran it in 5:04.

A lot of people talk to me when we line up in the C group at the start, because they see me as a good pacer. I tell them, "I'm a lot older now than when I used to break five hours. You're welcome to follow me, but I'm endeavouring to break six."

Still, I concentrate on my splits, and being on time at the halfway mark. Because that's the easy part of the race; the last 28 kays are the hardest, and you have to be mentally strong.

FOR COMPARISON STATS OF MALE RUNNERS WITH 35 OR MORE TWO OCEANS FINISHES, AND FEMALE RUNNERS WITH 25 OR MORE, GO TO RUNNERSWORLD.CO.ZA/TWOOCEANSSTATS

Oceans' FIVE Instructions

PREPARATION, PREPARATION, PREPARATION

Running well is mental strength made possible by careful planning, and conditioning of your body. It's more than merely putting one foot in front of the other. Your race must be pre-ordained. Start early, and run shorter distances in the lead-up to race day.

Roll With A Group

If you're not training in a group, where are you at 6am? You're still in bed, that's where. Not only does a group hold you accountable; you tend to train a lot harder with people who are either as good as or better than you.

Finding great friends to share your enthusiasm and experiences with makes the whole journey worthwhile.

Pace Yourself

Stick to your time target, and don't be tempted to keep up with runners who might be faster than you. Too many people go out too fast; and by the time they reach Hout Bay, they've lost their strength - and that's not good when you've still got Constantia Nek to climb. It's a long walk.

Don't Bonk

Carry plenty of gels, and make use of Coke and other sugary drinks at water stations. This will prevent fatigue, and keep your mind sharp.

Visualise Victory

Visualise your race; from waking up in the morning, to all your actions pre-race, to a completion time for each section of the route, to how you'll conquer discomfort. In your mind's eye, see your finishing time on the clock.

JOHN 'HAUL ASS' BRIMBLE

FINISHES: 35 SILVERS: 9 KILOMETRES: 1 960 AGE: 67

I used to climb with Don Hartley, who won it in 1972, and I thought, "If he can do it, so can I." But there's a photograph of me at the finish of my first Two Oceans – in it, I'm dragging my no-good keister along the ground, like some gaudy monstrosity.

I remember my back feeling sore, my shoulders tense. I'd started to feel pain as far back as the halfway mark. I was undertrained. A novice. But even then, I didn't believe in weakness: it costs too much.

Because there were fewer entrants, the game back in our day was different. Everyone knew your business. I had two options: either haul ass to the finish, or suffer the embarrassment of having to tell everyone I'd bailed.

As the years went by, things started to look up. The more I ran, the more calloused my body became – able to handle a higher training load. In 1985, I ran the race with Eric Bateman, who at the time already had gold at Comrades, and would later bag gold at Oceans.

When we crested Chappies, Bateman said, "You've got to want that gold so badly, you can taste it."

I ran a notch faster than my usual conservative pace, and I vividly remember the silence; but for my heartbeat, and the soft patter of my feet. When I hit 3:25, I'd narrowly missed gold. In a solid 13th position, though, I felt like Al Capone in his heyday.

But the fitter you become, the thinner the ice you skate on. The following year, I had never felt better. I thought, "This is it." I remember, I was doing speedwork at Claremont Cricket Ground when I felt my calf muscle tweak. I stopped, rubbed it, and then walked home. I didn't think it was a problem.

On race day, I felt my calf muscle go completely; the battle to Sun Valley that day wasn't one I could win. I was over-trained, exhausted, and injured. That's because I'd been running up to 160 kays a week, convinced it would make me better. In reality, shorter, quality runs are best.

"I DON'T BELIEVE IN WEAKNESS: IT COSTS TOO MUCH."

TONY 'TEN GELS' ABRAHAMSON

FINISHES: 32 PB: 3:58.01 KILOMETRES: 1792 AGE: 65

I always associate Preston Moorcroft with the start of my running career. He was an athlete at the UCT running club, where I trained during my third year of university.

Moorcroft painted a peachy picture of Two Oceans – he made it sound like trekking to the South Pole. My wife says Peter Pan syndrome draws me back every year; but recently I attended the 40th reunion of my civil-rights class from 1973, and looking around the room, I was glad I hadn't let myself go. I've stayed fit and healthy – forever.

But Moorcroft had omitted one juicy detail: in preparation for the race, I'd only run 200 kilometres in my entire life. Every Oceans participant knows about The Valley of Death. It's that bit at the bottom of Chapman's Peak, just before you reach the climb to Constantia Nek, where the wheels fall off if you've run the first half of the race too fast.

After that happened to me, I learned not to run the ultras before the ligaments and muscles in my legs had been conditioned through running shorter races like Bay to Bay, Hohenhort, Red Hill and Peninsula. When it came to race day, I had one motto: stay sharp, or get sloppy. I had a schedule tattooed on my arm in indelible ink, long before GPS watches displayed your average pace. I had it all figured out.

But then my running world was turned upside down. Roo was her name. When we met in the 70s, she was just a girl, and I was working in the Kalahari. Her name was short for 'roulette', because I'd got her from a local farmer, paying off a gambling debt. Suddenly, I had someone to share my enthusiasm for running. From the late 70s until the mid-80s, she ran all the official races with me – including seven Oceans, two of which were in silver.

I idolised Roo. She was incredibly strong and fit. She'd run double the distance, because she'd be chasing after the leading men, and then coming back to find me. But she was villainised, too; she howled in anticipation when the gun went off, drowning out announcements and annoying the organisers.

But the best thing about Roo was that my four-legged friend never complained.

For me, each race that coincides with a multiple of 10 is especially significant – Roo and I ran my 10th in 1985, in a silver-medal time, and even though youthful exuberance wasn't on my side at my 20th, I carefully calculated my pace to catch the Fordyce bus at Vineyard, finishing at Brookside barely 15 seconds inside four hours.

Back in the day, I'd buy a 500-gram jar of glucose at the chemist, melt it in boiling water, and shove it in 10 bank bags. I'd take one every five kays from the five-kay mark. What's changed? Modern-day fuel is just more expensive.

MARK 'THE COACH' WAGENHEIM

FINISHES: 36 • SUB-FIVES: 27 • KILOMETRES: 2 016 • AGE: 58

Want to know how the race ends? Stick with The Coach, kid. I used to chat to my associates about anything, everything, and nothing in particular on race day. But all that changed when Mr Two Oceans and his cronies decided to display your name – and the number of times you'd completed the race – on your race number.

After that, there were endless questions from novice runners. If they ran behind me, breathing down my neck – would that guarantee them a strong finish? How old was I – were they a figment of their mother's imagination when I ran my first race? Should they stick with me, in case they get lost?

Nowadays, I tell the gaggle of gullible groupies that the fresh mountain water out of that rock pool just below the top of Chapman's Peak contains a secret potion, to help them finish the race. And they believe me!

But when I was a boy, I would've followed the Oceans runners anywhere. Our house was situated on the Oceans side of town. I remember watching as runners pounded the mean streets of Claremont, not concerned with where they'd come from, or how far they had to go. All I cared about was that determined look on their faces. So in

“...YOU CAN’T RELY ON LADY LUCK ALONE. I MAKE MY OWN LUCK.”

ROLF ‘THE BUTTERFLY’ AEBISCHER

FINISHES: 23 • PERMANENT NUMBER: 2033

KILOMETRES: 1 288 • AGE: 58

Picture the scene. On top of Chapman’s Peak, looking down at the placid ocean and the far-away False Bay houses. When all of a sudden, a Swiss guy, wearing a magnificent pair of butterfly wings, tears over the summit like he’s being chased.

That was me in 1997.

It all started on a rainy morning in 1992. My gal dropped me off, gave me a hug, and said, “Go do it, old man.” I can’t be certain if I would’ve done better had it not been raining buckets, because it was my first. But back then, we didn’t have light, Dri-Fit clothing. Cotton T-shirts and baggy shorts lapped up rainwater like a gold digger chasing rich guys at a speakeasy – and that caused chafe.

I do remember the lonely finish. I decided to shelter underneath a Coke truck, while I waited for my gal to pick me up.

There’s never really much of a celebration after an ultra marathon. All I wanted to do was go home and have a nice, warm bath. But after that anticlimax, I decided that I wouldn’t become so fixated on running the perfect race that I missed out on all the fun during it. If a social trundle at the Peninsula Marathon helpers’ run sliced a quarter of an hour off my Oceans time, so what?

The Historical Society of Hout Bay used to fire cannon shots at the East Fort when Mr Two Oceans ran past: that’s how I knew how far behind me he was. Each year, I challenged myself to cross the finish line before him. In the year I ran my first blue medal, I’d had to start my training late – because my mother-in-law had outstayed her welcome over the holidays, and I hadn’t built up a solid base beforehand. At the top of Chapman’s Peak, I felt so fatigued I’d already started walking – and I began to realise the gap between us was too small. With no time goal in mind, I decided to make the most of it. At Hout Bay, I jumped into the sea for a rejuvenating swim before resuming my race.

I remember having a very long taper in the lead-up to my PB. My mother-in-law had come to visit – again – and I didn’t have time to run. That’s why I agreed to wear a pair of cumbersome wings to raise money for a butterfly charity. And I performed well, when I least expected it, simply by easing the pressure, and having fun.

my final year at university, I made a last-minute decision to qualify at the Western Province Masters Marathon.

I can’t compete with the times the other guys raced when they were at their peak – back then, they were the rootin’, tootin’ runners of the Western Cape – but I know about consistency.

Every time I’ve tried to deviate from ‘The Plan’, I’ve always been reminded not to try anything new. I’ve tried using corn syrup (when it was popular), modern-day gels and sweets; but for me, none of them work like that old faithful mix of Coke and water. I’ve tried to be adventurous, purposefully eating dodgy chicken at a restaurant on the Thursday night before the race. Didn’t agree with me. In fact, I don’t think I made it as far as Fish Hoek before I started feeling rotten. Sure enough, I went back to preparing my regular meals at home.

I tried going out too fast, hoping I’d bank some time. After a hard slog to the finish, I reverted to holding back until the top of Constantia Nek.

I may be able to run all year, I may be genetically light on my feet, and my running shoes may even last longer than most other runners’ shoes. But you can’t rely on Lady Luck alone. I make my own luck.

RUNNING IN THE MORNING, STRENGTH TRAINING, EATING EXTRA VEGGIES - INGRAIN THESE ACTIONS INTO YOUR 'NORMAL' ROUTINE TO BECOME FITTER, HEALTHIER, AND HAPPIER.

BY CINDY KUZMA

PHOTOGRAPHS BY PETER YANG

Hop on the

Katie Hoaldridge (centre) trains with Travis Mahoney and Greta Feldman, who are both members of an athletics club.

Habit Trail

RUNNERS DREAM BIG. Tackling a new distance, posting a personal best, losing 10 kilos – we embrace grand challenges. But what happens after you accomplish your goal, or if your resolve weakens before you succeed? You risk stalling – unless you've changed your routines to those of a stronger, healthier runner. "Runners who are consistent, with good habits, have the most success," says Tom Holland, an exercise physiologist, sports nutritionist, coach, and author of *The Marathon Method*.

This year, consider resolutions based on process instead of outcome. That way, you can sustain momentum by celebrating small, frequent victories. And you'll avoid the all-or-nothing thinking that triggers massive disappointment if factors beyond your control interfere along the way – for instance, if you wake up to a sweltering race day.

The benefits of healthy habits spill over into a better life beyond running, too. Here are 12 healthy habits to embrace in 2015, with expert advice on how to make them your own.

HABIT

Become a morning runner

> You meant to log those 10 kays today, but between family, work, and social obligations, it just didn't happen. Or you find your digestive system rebelling – or your sleep disrupted – courtesy of evening runs. The solution: put running first on your agenda. "People who start to run early in the morning get hooked on that feeling of having accomplished so much before others are even awake, as well as the extra energy they get from that morning rush of endorphins," says running coach Lisa Reichmann.

MAKE IT ROUTINE

- **Test the waters.** Start with one or two days per week. Knowing you have the other five mornings to snooze makes getting up early less painful. And make sure you can get to bed on time the night before

a crack-of-dawn call, or you risk skimping on sleep, Reichmann says.

• **Lay it out.** Set out your clothes, shoes, water bottle, and reflective gear the night before to eliminate excuses and get out the door quickly. Set your coffeemaker on automatic so your brew is ready when you wake. And put your alarm across the room – jumping out of bed to turn it off makes it harder to hit the snooze button, Reichmann says.

• **Make a date.** Nothing keeps you from going back to bed like knowing someone's waiting for you. "Good conversation with running friends almost makes you forget that you are running at zero dark thirty on a cold morning," says Julie Sapper, who coaches with Reichmann.

• **Give it time.** All habits feel awkward at first. Since it requires resetting your body clock, morning running may require a little longer than most – at least three or four weeks – to sink in. Consider trying this habit in the spring or autumn, when weather and darkness are less likely to interfere. (And morning runs aren't right for everyone, so re-evaluate after a month or two, Sapper says.)

Do planks two or three times per week post-run to build core strength.

HABIT

Strength-train regularly

> Building muscle improves your health, reduces injury risk, and, according to a review in the journal *Sports Medicine*, improves your running performance. Across 26 studies of endurance athletes, strength-training programmes (either plyometrics or heavy weights) boosted fitness, increased efficiency, and reduced runners' times in 3-K and 5-K races. Design your own programme by picking six exercises: two for each of your major muscle groups (upper body, core, and lower body), with one working the front side (say, planks) and one the back side (bridges), says Rebekah Mayer, national training manager at US-based Life Time Run. Do them two or three days per week. And remember that intense strength-training DVDs or classes don't always pair well with a running routine, says Sapper – if you do them, leave rest days between hard efforts.

MAKE IT ROUTINE

• **Build it in.** Runners that Reichmann and Sapper coach had an easier time incorporating strength moves when they penned them into their training plans. Now, their schedules might say: 'Run five kays, then do three sets of 15 one-legged squats, mountain climbers, planks, and push-ups.' For best results, strength-train later in the same day as your more intense or longer running workouts, allowing a full day of recovery in between hard sessions, says Mayer.

• **Break it up.** Try 'exercise snacks' – planks when you get up in the morning, push-ups before you leave for work, lunges on coffee breaks.

• **Take a class.** Don't want to DIY? Choose a runner-friendly strengthening class that sounds fun, like Pilates, a barre class, or CrossFit. It might cost money, but spending can increase the odds you'll follow through, says Holland.

• **Change it up.** In about a month, your body will adjust to the routine. "Make it harder – whether it means doing more repetitions, more weight, or different exercises – or you'll stop seeing results," Mayer says.

STYLING BY SHEA DASPIN. HAIR & MAKEUP BY JESSI BUTTERFIELD FOR EXCLUSIVE ARTISTS; CLOTHING ON OPENING SPREAD (LEFT TO RIGHT): NORTH FACE JACKET, REEBOK SHIRT, NEW BALANCE PANTS; NIKE SHOES; NORTH FACE VEST, ROXY TOP AND LEGGINGS; NEFF WATCH; SAUCONY SHOES; NIKE JACKET, CAPRIS, AND SHOES

CLOTHING PREVIOUS PAGE: ROXY JACKET, SWEATY BETTY LEGGINGS, ASICS SHOES

HABIT

Cross-train regularly

> If you're struggling to squeeze three or four runs per week into your schedule, you shouldn't worry about adding in other aerobic activities. But once you have a steady running habit, workouts like swimming, cycling, or rowing can boost your fitness without the impact stress of running. And by engaging different muscle groups, you can correct muscle imbalances and net a stronger, more well-rounded body. "This can increase your longevity as a runner," Mayer says. If you do get hurt, you'll also have a familiar option for maintaining fitness.

MAKE IT ROUTINE

- **Stay consistent.** Sticking to a regular class at the gym is an easy way to automate cross-training. Even if you go solo, set up a regular date and location, such as cycling in your neighbourhood on Monday mornings – context cues help habits to form.

- **Be realistic.** Don't set yourself up for failure by choosing a class you'll have to rush to attend. Search for an option that meshes with your schedule.

- **Choose wisely.** Gunning for a PB? Go with a type of cross-training that mimics running, such as pool running. If, however, your goal is overall fitness, select an activity that's very different, like swimming or cycling, Mayer says.

- **Keep it easy.** Treat cross-training like an aerobic recovery day; schedule it after hard running days and keep your effort level low enough to carry on a conversation, Mayer says. (However, if you're injured and can't run, you can cross-train harder.) And keep in mind that boot camp or fitness classes that involve treadmill running or road sprints don't count as cross-training – that's a running workout.

HABIT

Eat more vegetables

> Low-kilojoule and nutrient-rich, veggies should be a staple in every runner's diet. Their high-quality carbs power your workouts, and antioxidants help you recover. "Vegetables also keep you regular, and we all know runners don't need any 'surprises' while on a long run," says Conni Brownell, who is the Brooks Running Beastro Chef (cooking for employees at the running shoe company). The benefits last long after your cooldown: each daily serving of produce (up to five) reduces your risk of early death by about five per cent, according to a new study.

MAKE IT ROUTINE

- **Indulge in your favourites.** Don't choke down kale if you hate it. Pick up produce you actually want to eat, even if it's more costly or less of a 'superfood'.

- **Add them to your menu.** When you buy a new veggie, know when you'll consume it, says Jennifer Plotnek, lead behaviour coach at a US-based weight-loss company. Will you cook that spinach into your omelette, blend it into your post-workout smoothie, or make a big dinner salad?

Colourful veggies provide vitamins A, C, and K.

• **Start on the side.** Dive into the veggies first to avoid filling up before you get to them, says sports nutritionist and exercise physiologist Felicia Stoler. No sides (or only chips)? Ask to swop, or add vegetable soup or a salad, and eat it first – you might consume fewer kilojoules overall, according to Penn State University research.

• **Snack smarter.** Trade crisps or sweets for a produce/protein pair – carrots and hummus or tuna on cucumber slices, for example – to improve between-meals eats.

HABIT

Warm up before a run; stretch and foam-roll after

> The repetitive motion of running tightens muscles, increasing injury risk. Dynamic stretches before a run prep your body for more intense activities, says Gary Ditsch, an exercise physiologist. Afterwards, static stretching can return your muscles to their pre-run length, even if you don't actually gain flexibility, Mayer says. And foam-rolling – either immediately post-run or later in the day – loosens tissue in ways that stretching alone can't.

Ditsch advises a 10- to 15-minute warm-up routine: start with leg swings (first front to back, then side to side), then walk, march, and skip before you finally run. Post-run, stretch hip flexors and hamstrings (which tighten during running and sitting), calves (to prevent Achilles tendinitis and plantar fasciitis), and your chest and shoulders. "We don't think about using our arms during our run, but they can also get very tight," Mayer says. Foam-roll any area that still feels tight, holding for a few seconds on tender points to help release them.

MAKE IT ROUTINE

• **Start small.** Don't kick things off with a 30-minute full-body elongation session. Start with 10 to 15 seconds of a single stretch after a run, then celebrate – the feeling of declaring victory each time you incorporate a habit strengthens it over time, Plotnek says.

• **Pair it up.** Create a bond between an activity you're doing daily anyway – say, watching the news – and foam rolling.

• **Keep it in sight.** Buy your own foam roller instead of relying on your gym or training buddy. Keep it in a visible spot near where you'll use it, and have a massage stick in your office, Sapper says.

• **Factor in the time.** If you have a 45-minute run on your training plan and exactly 45 minutes to do it, chances are you'll rush into it without the dynamic stretches. Adjust your schedule so you have a full hour for your workout, or consider decreasing the mileage to accommodate the warm-up.

CLOTHING (LEFT TO RIGHT): NIKE HALF ZIP, LEGGINGS, SHOES; LULULEMON JACKET, SWEATY BETTY LEGGINGS, ASICS SHOES; SUPERDRY JACKET, ASICS ORANGE ZIP, NEW BALANCE PANTS, ASICS SHOES; SWEATY BETTY SHORTS, OAKLEY SPORTS BRA, NEW BALANCE SHOES

Post-run stretching and foam-rolling can work out tightness caused by running. (Plus, it feels good!)

HABIT

Unplug on the run once a week

> For data-obsessed runners, occasionally ditching the GPS reconnects you with your natural pacing and rhythms. "You'll learn what conversational pace feels like and what your breathing should sound like at different intensity levels," Mayer says. And while no-one doubts the motivating power of music, removing your earbuds offers other advantages. You'll stay safer in unfamiliar territory; plus, you'll notice and appreciate your surroundings more without auditory distraction, Mayer says. And if you're planning a race that forbids tunes, you'll line up prepared.

MAKE IT ROUTINE

- **Time it right.** Easy runs, trail runs, and periods when you're coming back from an injury or recovering from a race are prime times to go gadget-free. "Without the pressure of seeing your pace, it can be easier to take it easy while you're ramping up again," Mayer says.
- **Remind yourself.** This is tricky, because you're shifting your routine on just one day of the week. You lace up, slap on your watch, grab your phone – and you're out the door with all the gear you meant to leave behind. So choose a consistent day – say, tech-free Tuesday – and set a recurring phone alert for before you head out, says Plotnek.
- **Go by time.** Measuring some runs by time instead of distance lets you at least downgrade from a GPS unit to a watch. If you feel the need to note your pace and mileage at the end, choose a go-to route – you'll at least avoid continually checking your pace, Reichmann says.
- **Reset your motivation.** On gadget-free runs, focus on contemplation, prayer, or disconnecting from the stress of the day. You might experience your runs in a new way and embrace being unreachable, Plotnek says.

HABIT

Cook at home more often

> Extra kilojoules, fat, sugar, and sodium lurk in restaurant dishes, so dining out adds extra kilos that weigh down your running performance and your health. A study in the journal *Public Health Nutrition* found that two or more restaurant meals per week added up to an extra 113 grams of bulk per year on average. Research suggests carrying just one extra kilo can add 12.4 seconds to your 5-K time, and one minute 45 seconds to your marathon. You don't have to transform into a top chef, but mastering kitchen basics has perks beyond weight control. "Preparing your own food teaches you what works for your fuel needs and what doesn't," says Brownell. "You're in control of the food choices, and also the cost."

MAKE IT ROUTINE

- **Get a jumpstart.** Sign up for a cooking class. It's exciting, and you'll be around like-minded people.
- **Clean up your kitchen.** Ditch or store the gear you never use, to clear real estate for daily tools like a chef's knife, a chopping board, a pot, and a grill pan – along with common ingredients like olive oil, salt, and pepper.
- **Re-create your cravings.** Do you have a favourite restaurant dish? Google it – you may find the recipe or something similar. Experiment at home to replicate the flavours while controlling the ingredients.
- **Plan for flavour.** Take 30 minutes to an hour each week to find recipes and go to the supermarket for ingredients. Don't forget fresh herbs, which "keep meals interesting, and if you are interested, you are more likely to eat at home," Brownell says.

HOW TO FORM ANY HABIT...

Habits are your brain's behavioural shortcuts, says Dr Wendy Wood, a psychology and business professor and vice dean of social sciences at the University of Southern California – once they're ingrained, they're automatic. Here's how to get there.

- **Follow your 'why'.** Write down the benefits you hope to gain, from a smaller waist to that half-marathon PB.
- **Schedule it in.** Whatever calendar you use, block time in it for your new behaviour.
- **Blab about it.** Ask family and running partners to hold you accountable (or to join you).
- **Change your surroundings.** Remove triggers for old habits and make new ones as easy and visible as possible.

HABIT

Add a weekly long run

> Efforts of an hour or longer build endurance, grow capillaries that carry nourishing blood to your muscles, strengthen bones and ligaments, and prepare you for races of any distance. Newer or low-mileage runners first need to focus on running regularly three or four times per week, then building up to an hour on one of those runs, says Ditsch. Designate one day a week as your long day, even if that means 20 minutes of run/walk instead of your usual 15. Then add 10 per cent to your longest run per week, but never any more than one to three kays at a time, Ditsch says.

MAKE IT ROUTINE

- **Plan it out.** Write out your long-run progression for the next month or two in advance, then sit down each Sunday night or Monday morning and plug your long run (and the others) into your schedule. Be flexible – if you need to reserve weekends for family activities, try early Friday mornings for long runs.
- **Turn in early.** "If you're going longer on Saturday, Friday night should be a little more mellow. Eat and drink appropriately for what's coming up," says Mayer.
- **Try a new scene.** Drive to a nearby trail, forest or reserve. Varying your surroundings will make the hours or kilometres pass more quickly.
- **Find some buddies.** A support system helps any new habit take root. But groups provide added benefits as the kays add up – safety, distraction, and an opportunity to develop bonds.

HABIT

Get enough sleep

> Few habits have as much of an impact on your running and your health. "Everything is so much worse when you don't have enough sleep; it not only permeates your running, it affects your work life, your family, your relationships," Sapper says. While you snooze, your body and mind recharge, repairing the damage done by hard training, releasing human growth hormone to build muscles, and strengthening connections between nerves and muscles. Regularly shorting on shut-eye has been linked to everything from limits on your muscle glycogen storage to injury risk and moodiness, weight gain, diabetes, and heart disease. Most people need six to nine hours per night; if you regularly feel like you might nod off during meetings or if you conk out immediately when you hit the sack, you're probably not sleeping enough.

MAKE IT ROUTINE

- **Declare bedtime sacred.** Start with a month-long commitment to add between half an

Build up to at least one hour once per week by gradually lengthening your longest run.

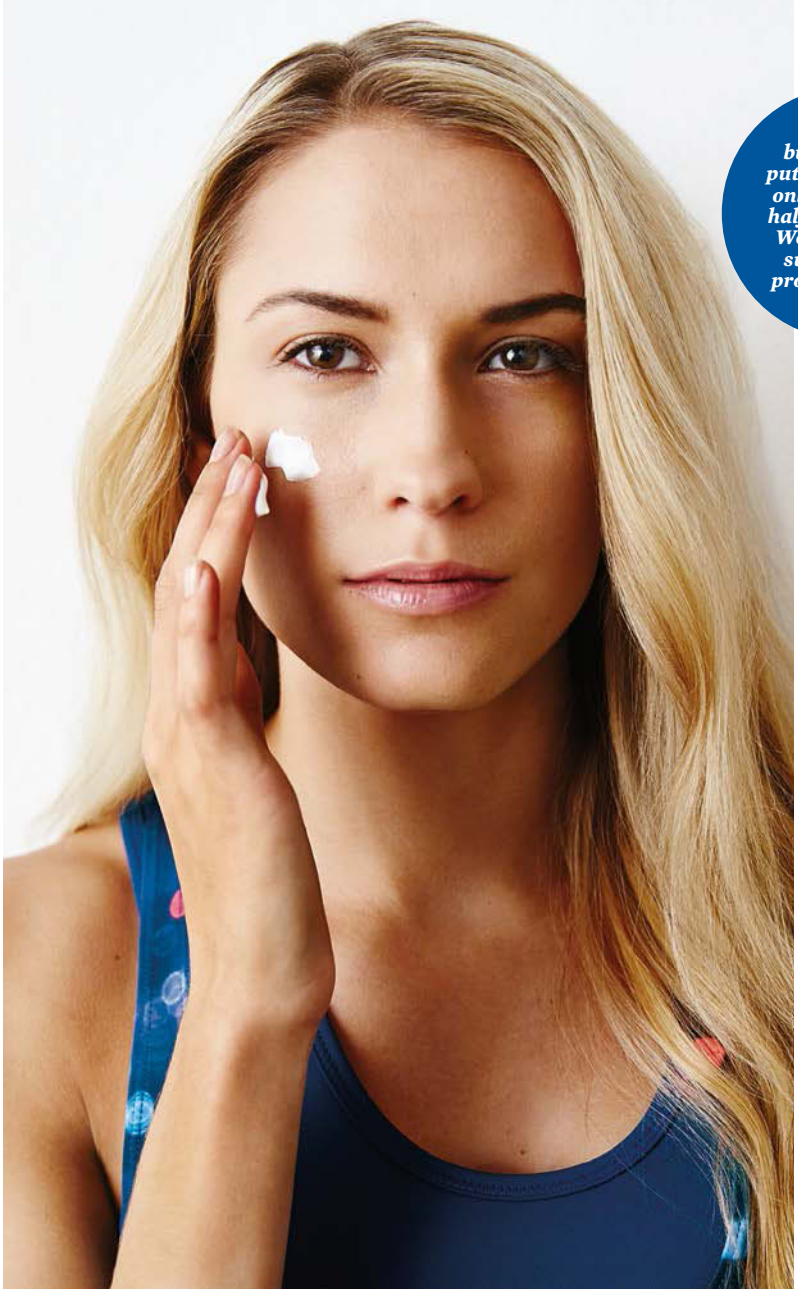
hour and an hour more to your regular sleeping time. Clear that block of time plus an hour beforehand to wind down. Ask your friends and family to hold off on late-night calls and texts, says Dr Shelby Harris, director of the Behavioural Sleep Medicine Programme at Montefiore Medical Centre in the US.

• **Unplug.**
During that final hour, shut down all your screens, including phones, TVs, tablets, and computers. The blue light they emit dims production of the sleep hormone melatonin. Designate an old running-shoe box for electronics – at the appointed time, plunk your devices inside and shut the lid until morning. Do something relaxing, like reading a book or completing a crossword, instead.

• **Watch the caffeine.**
Rethink that late-afternoon latte. A caffeine jolt as long as six hours before bedtime can disrupt your slumber, decreasing the restfulness of your sleep without you even realising it, according to a study in the *Journal of Clinical Sleep Medicine*.

• **Choose sleep over kilometres.**
If you're an early-morning runner but can't seem to hit the sack early the night before, cut your run a few kays short rather than setting your alarm earlier, Sapper says.

CLOTHING ON PREVIOUS PAGE: SUGOI JACKET, SWEATY BETTY LEGGINGS, VOLCOM TOP, ASICS SHOES



To avoid burning eyes, put sunscreen on only the bottom half of your face. Wear a hat and sunglasses to protect the rest.

HABIT

Apply sunscreen before every run

> An estimated one in five Americans will develop skin cancer – and with long hours on the roads or trails, runners face a particularly high risk. In fact, an Austrian study found distance runners had more irregular moles and other cancer risk factors than non-athletes.

Ultraviolet light also causes wrinkles, brown spots, and other cosmetic damage, says marathoner and dermatologist Dr Robin Travers. Fortunately, sunscreen protects you from all these consequences, provided you use it properly. While visible sunlight dims on cloudy or winter days and at dawn or dusk, cancer-causing UVA rays still shine through – so unless your entire run will be completed with the aid of a headlamp, you need to slather up, she says.

MAKE IT ROUTINE

• **Go up an SPF.**
A sun protection factor of 15 adequately protects you from skin cancer, but only if you use the recommended 28 grams to cover your body – and most people, even dermatologists, don't, Travers says. "I can't tell you how often I've been on a marathon bus in the morning and I see people applying these teeny tiny dabs of sunscreen to their faces," she says. If you move up to 45 or higher, you're more likely to get the protection you need even if you skimp.

• **Make it last.**
Most sunscreens contain active ingredients that, paradoxically, break down after two to three hours in ultraviolet light. Look for ingredients that say they're photostabilised, meaning they'll last four to five hours with one application. And make sure the bottle says "water-resistant for 80 minutes" – while no sunscreen can claim to be sweatproof, these formulas resist moisture the longest, says Dr Darrell Rigel, a spokesman for the American Academy of Dermatology.

• **Stick it in your shoe.**
Store the sunscreen in your running shoes, so you literally can't go for a run without noticing it and feeling guilty if you don't apply it, Travers says.

• **Avoid the sting.**
If burning eyes are holding you back from sunscreen application, try Travers's trick: apply sunscreen only from the eyes down, then protect your eyes with sunglasses and your forehead with a running cap.

HABIT

Eat breakfast every day

> Your muscles can store only about six to seven hours' worth of glycogen for energy, so each morning you wake up depleted, says Stoler. A morning meal offers you a chance to replenish them and also sets the tone for the rest of your day. Studies of people who've lost weight and kept it off show 78 per cent eat breakfast on a regular basis.

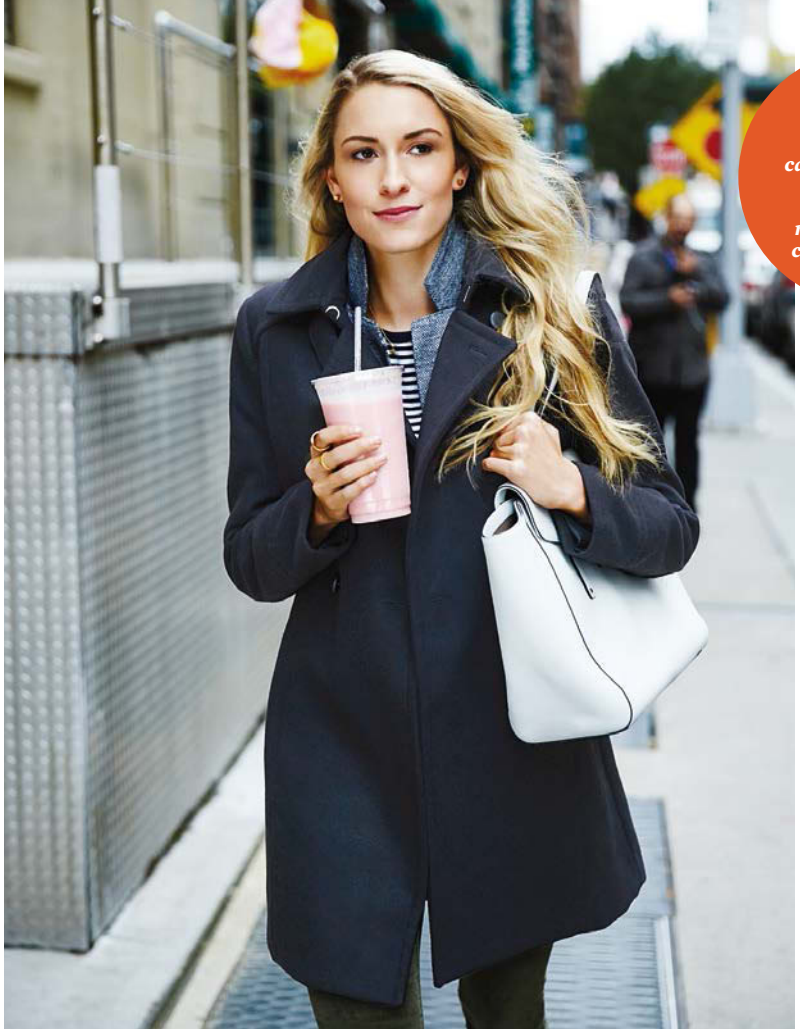
MAKE IT ROUTINE

- **Choose something over nothing.** Your stomach may need to adjust to eating first thing. Even a piece of fruit can get you started, Plotnek says.

- **Balance it out.** Add on until you're eating a meal that's about 1 250 to 1 700 kilojoules, featuring half produce, one-quarter whole grains, and one-quarter lean protein. If you eat it after your run, aim for a 4:1 ratio of carbohydrates to protein to satisfy you and begin to repair the muscles you damaged during your workout.

- **Expand your definition.** Don't stick with traditional breakfast food if you're not a fan, says Stoler. Leftovers, sandwiches, salad – anything is fair game.

- **Pre-game it.** Spend Sundays prepping a week of breakfasts – dole out cooked oats into single-serving containers, boil eggs. If you're a smoothie fan, clean, chop, and store fresh ingredients as soon as you buy them.



A post-run smoothie can provide a 4:1 carbs-to-protein ratio. For a recipe, go to runnersworld.co.za/smoothie

HABIT

Sit less

> Even runners spend an average of 10 hours and 45 minutes per day with their butts parked in chairs. As you rest, your hip flexors and hamstrings tighten and your posture slumps, boosting injury risk, Ditsch says. And the research on the health harms of sedentary behaviour has grown so alarming that many experts call the problem 'sitting disease'. An exercise habit alone won't save you from consequences like weight gain and heart disease, but research also shows that standing or walking breaks can make a big difference.

MAKE IT ROUTINE

- **Track it.** Log your sitting time or strap on an activity monitor – manufacturers like Polar and Garmin now make models that double as GPS devices. Then consider this: six to seven hours of total daily sitting time harms your fitness about as much as an hour of running helps it, according to a study in the *Mayo Clinic Proceedings*.

- **Set mini-goals.** Use that tracker to look beyond your total daily step count, which is skewed by your runs. Most devices tally your sedentary hours; aim never to log more than two in a row where you're getting fewer than 1 000 steps.

- **Remind yourself.** Set two alarms on your phone, computer, or fitness tracker mid-morning and two mid-afternoon to tell yourself to move.

- **Demand to stand.** Make rules for your workday: rise each time someone comes into your office, pace on every call, hover in the back of the room during meetings. Anchor it to what you're already doing and you'll find it easier to remember; and over time, the first behaviour will become a trigger for the new habit.

...AND HOW TO STAY ON TRACK

You can't measure habits with a clock or a scale. So set up your own system – whether it's crosses on a calendar or an app like Tiny Habits (free in the iOS App Store) – to keep tabs on your progress. Instead of panicking if you lapse, try this:

- **Know you're not alone.** Even the most successful people slip up; what's important is getting back in the habit.
- **Be kind.** Beating yourself up does you no favours. Self-compassion is better for progress.
- **Reframe lapses as data.** Figure out why you didn't do what you wanted, and make the necessary changes to your goals or your approach.

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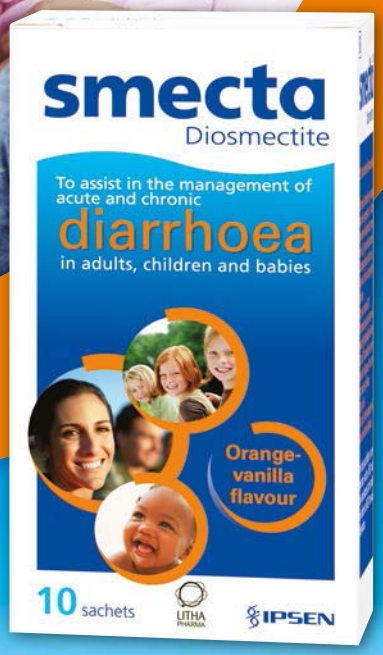

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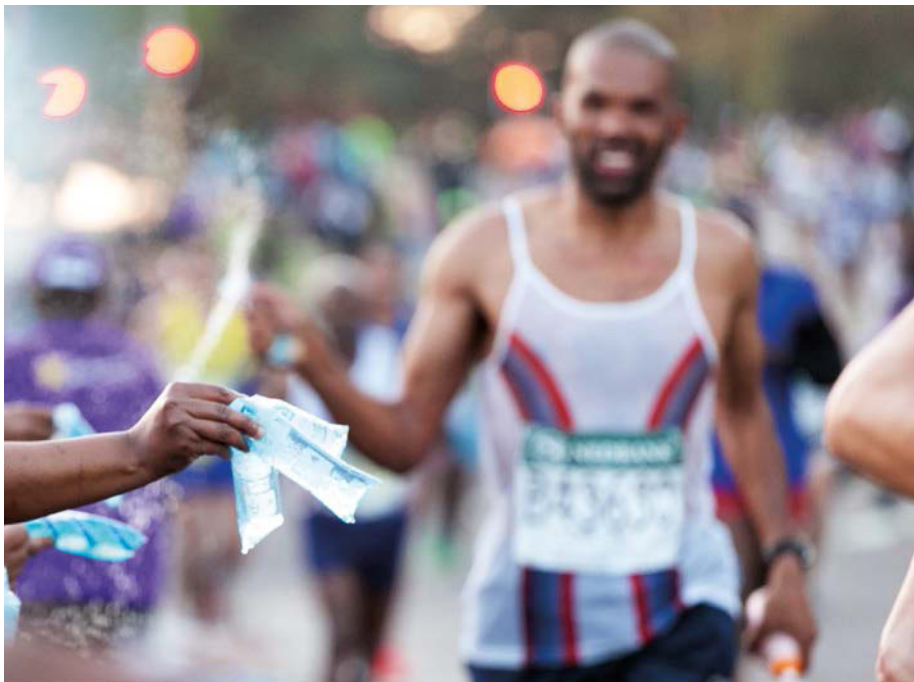


COMRADES 2015

Bronze Programme

Strength and endurance are the keys to Comrades success during the April training month. And then there's the dreaded Long Run to consider...

By Lindsey Parry,
Official Coach of the Comrades Marathon Association

Photographs courtesy of the Comrades Marathon Association

April

If your preparation was solid in March, and you've committed to a big training month in April, chances are you'll run a good Comrades.

April is all about building strength and endurance, and about maintaining consistency. This means that you must listen to your body, and ensure that you're recovering well enough from your training. Tired legs and some general fatigue are normal symptoms of peak training; however, if you're struggling to fall asleep at night, find it tough to get out of bed in the morning, or feel very tired every time you run, you need to back off a little.

Long Run

Your most significant event in April should be your last long run, known as the Comrades Long Run. Ideally, this should be done weeks before Comrades, and needs to be at least 50km, but shouldn't exceed 60km. My favourite distance is 50 to 55 kilometres: it's long enough to get a feel for what it's like to run on tired legs, and short enough to ensure you don't overdo it.

The long run shouldn't be a test of your fitness, or of your ability on race day. It's more about time on your feet, and it's your last opportunity to experiment with the equipment and nutrition you plan to use on race day. After the long run, don't try anything new; that includes shoes, clothing, gels, creams and powders.

Two Oceans is seven weeks away from Comrades, which often leaves runners bewildered as to when to do the long run. If you're running Two Oceans, there are a few things to be aware of:

1) Don't race Oceans; it must be a long, slow training run.
2) After Oceans, don't run further than marathon distance.
3) Don't run a marathon until at least three weeks after Oceans.

"Comrades isn't about how fast you can run; it's about how well you can maintain a very easy pace, for a very long time."

So if you decide to run Oceans, make it your last ultra. Then, four weeks before Comrades, opt for an easy, 42-K training run.

Keeping Your Eyes On The Prize

While you'll be feeling a little tired in April, your fitness will be very high. Don't be tempted to race hard, especially at your 'Training Marathon'. Comrades isn't about how fast you can run; it's about how well you can maintain a very easy pace, for a very long time. Make sure you run all your easy runs easy, and build necessary endurance for race day. Hills you can run hard; and by training easy on easy days, you'll get more out of hill training.

When I advise athletes about what speed to run in the first half, they often say it's not possible to run that slowly. I tell them that if they don't hold back at the start, they'll be amazed at how much more slowly they'll be forced to run towards the end.

The average runner makes the mistake of running too hard on easy training runs, meaning their legs are more tired than they should be. So when it comes to running easy at the start of the race, their body isn't used to it, and it feels uncomfortable.

Stay Injury-Free

In a questionnaire sent out to runners who didn't complete the 2014 Comrades Marathon, 59% of respondents admitted they'd started Comrades with an injury. This shows that injury, particularly on race day, makes it very hard to finish Comrades.

If you have any niggles and/or are running through pain, get that treated *now*. A few days missed in April is far better than missing a few weeks; or worse, lining up at the starting line with an injury.

If your injury hasn't healed after two days of rest and icing, you must seek help from a health professional – particularly a physiotherapist.

Your job is to keep yourself healthy, injury-free, and training consistently through April.

Suggested Training paces:	
Recovery (R):	6:50-7:15 min/km
Easy (E):	6:20-6:40 min/km
Long Runs (L):	6:20-6:55 min/km
Hill Repeats:	5:10-5:20 min/km

April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr			REST	1hr20 **E** Run	REST	1hr **L** Run	Marathon as a Training Run
6 Apr	REST	20min **E** Run; 9x2min Hills; 15min **E**	REST	1hr20 **E** Run	REST	1hr30 **L** Run	2hrs30 **L** Run
13 Apr	REST	20min **E** Run; 10x2min Hills; 15min **E**	REST	1hr20 **E** Run	REST	2hr **L** Run	3hr30 **L** Run
20 Apr	REST	1hr **E** Run	REST	1hr **E** Run	REST	30min **R** Run	50-55km **L** Run
27 Apr	REST	30min **R** Run	REST	45min **R** Run			

KEY **R** **Recovery** 6:50-7:15 mins/km **E** **Easy** 6:20-6:40 mins/km **L** **Long Runs** 6:20-6:55 mins/km **H** **Hills** 5:10-5:20 mins/km

Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

PHOTOGRAPH COURTESY GETTY IMAGES

SO{R}NA

From world records and Comrades predictions, to the minimalist shoe movement, the demise of Russian dominance and the future of Banting, Runner's World Editor-at-Large and Comrades King ***Bruce Fordyce*** *delivers his State Of The* ***(Running)*** *Nation Address for 2015.*

Words ***Bruce Fordyce***

IT'S APRIL ALREADY. I can't believe that the time, like a racing Kenyan, has slipped by so speedily. In a flash of Kip-days, Kip-weeks and Kip-months, we are well into the 21st century. I can clearly remember the George Orwell year in 1984, and the millennium Comrades. Was that massive Comrades marathon really run 15 years ago? Many of the characters from that time have vanished; but interestingly, some still have an influence on our sport.

So what awaits us in running over the next year?

Comrades and Two Oceans

Our major races will continue to dominate the calendar as they have for decades. The Comrades will continue to reign as king, with Two Oceans a very worthy prince. The recent dominance of the Russian and Eastern European runners appears to be collapsing. I believe this trend will continue; well, certainly as far as the men are concerned. Runners from Southern Africa will continue to dominate the two famous ultras. I'd like to be bold, and predict that one of Bongmusa Mthembu, Ludwick Mamabolo or Claude Moshiywa will win the Comrades for a second time.

The very popular Ellie Greenwood will defend her title and win the 2015 'Up' run, despite her professed dislike of hills. She can't be a bad hill-runner if her CV boasts the women's record at the Western States 100-Miler – here are some famous (and monster) hills in that race. Will the Nurgalieva twins give Greenwood a tough challenge? Of course they will; but I believe their grip on the race has been permanently loosened (and I'm familiar with the experience – it happened to

me in 1992, when Nick Bester ended my time at the front of the Comrades field).

The twins' only chance of winning is if Greenwood is tempted to race too many Northern Hemisphere marathons and ultras in the six months leading up to the Comrades. But I think she's learnt that the Comrades needs to be respected, and that over-racing is disastrous.

What will be harder to predict is whether Greenwood will run for Canada or the UK. She won the 2013 Comrades as a Canadian, but the recent World 100km championships in British colours. Fans should have both the Union Flag and the Maple Leaf ready in Pietermaritzburg.

The Zola Factor

Even if she does win, Greenwood might well find her victory shunted to the bottom of the newspaper's sports pages by the irrepressible Zola Budd. Thirty years after she first made athletics headlines, she continues to astonish us. She was ill on race day in 2013, and has an 'Up' run statement to make. Watch her power up Polly Shortts on 31 May.

Rumours

The two perennial Comrades/Two Oceans rumours will resurface yet again early in the new year. Once more there will be stories that road alterations have resulted in the Comrades marathon being 500 metres longer. If this had been true every year, the Comrades would be raced over 110 kilometres by now. The other rapidly spreading rumour is that Chapman's Peak will be closed, and as happened several years ago, Two Oceans runners will be going over Ou Kaapse Weg. Let me predict now that the Comrades will be slightly shorter, and that, fires notwithstanding, we Two Oceans runners will all gaze down at beautiful Hout Bay from the top of Chapman's Peak in a couple of weeks.

Here's an interesting thought, though: it's been a while since we ran a freezing cold and wet Comrades marathon. We're almost due one. And what more fitting time to have to run a rainy Comrades than exactly 50 years after Englishman Bernard Gomersall won in 1965, in freezing, wet conditions?

Injuries

The easiest prediction of all for the next year is that injuries will continue to haunt us all. We runners are a driven, committed lot; we're not scared of hard work, and we always train too hard. That awful iliotibial band friction syndrome will continue to keep physiotherapists busy in the build-up to our two major races, and throughout the year.

Despite the popularity of those major races, the half marathon will continue to grow in popularity. It has taken South African road runners decades to learn what the triathletes have always known: the half Ironman is much more fun than the Ironman. And the half marathon is much more fun than the marathon.

"...the men's marathon record will fall again; but the two-hour barrier will not be troubled."

"After a ding-dong battle between minimalist and traditional shoes, a compromise will be reached..."

(For starters, no-one loses any toenails in a half.)

parkrun SA will continue to grow at a phenomenal rate – next year there will be a predicted 250 000 registered parkrunners, and they will have about 70 different parkruns around the country from which to choose. parkrun will simply be the largest sports 'club' in the country.

Minimalist Shoes

After a ding-dong battle between minimalist and traditional shoes, a compromise will be reached; and the most popular shoes will boast elements from both schools of thought. Running shoes will be less complicated and lighter, but most will offer some

cushioning and support, and some technology.

Noakes

Tim Noakes's growing band of followers will grow larger (in number, not weight, presumably); while more Banting restaurants will open, and more menus will offer Banting options. Attacks on Noakes will get more vitriolic, as his critics find themselves cornered by dozens of anecdotal stories that begin to take on statistical relevance. The most vicious criticism will continue to come from his fellow UCT academics and Capetonian doctors and dieticians. "Truly, I tell you, no prophet is accepted in his home town." (Luke 4:24)

"But our real marathon stars are likely to be our women. There are several woman road-runners knocking on the door of real stardom..."

Wise investors will quietly ditch their shares in the wheat, maize, potato, fruit and sugar industries. Fat-loading gels and recovery drinks will trumpet their HFLC content. Critics will point out that our best marathoners run on *pap* and pasta, and the Kenyan stars on *ugali*; and that on this diet, they produce world-class times and records. Then some enterprising journalist will track down the older, retired runners, and find them carbohydrate-resistant, grossly overweight, and in very poor health. *The Real Meal Revolution* volume 2 will topple its predecessor from the number one position on the list of SA's best-selling books.

Records

If the weather is kind in September in Berlin, the men's marathon record will fall again; but the two-hour barrier will not be troubled. Paula Radcliffe's world record will remain unscathed.

Lusapho April might run another 2:08 marathon at a major City race, and Stephen Mokoka may employ his track speed to great effect in a marathon. But our real marathon stars are likely to be our women. There are several woman road-runners knocking on the door of real stardom, and runners such as Irvette van Zyl and René Kalmer are ready to stand on the podium at major races.

Elana Meyer's Endurocad will continue to produce outstanding distance runners, and a couple of them will start to become household names.

The perennial Sonja Laxton will continue to inspire us all.

Arnie Geerdts will finally break three hours in his senior years, but only at an overseas or coastal marathon.

Alan Robb will finish his 43rd consecutive Comrades, and earn his umpteenth Bill Rowan medal.

But here's the easiest prediction of all: more runners, more races, more South Africans enjoying what running can offer them. You don't have to be president to see that coming.

(This SO{R}NA address was not interrupted in any way, and no jamming devices were used.)

PHOTOGRAPHS: GETTY IMAGES (KIPSANG); NICK ALDRIGE (MEYER); KEVIN REEVES (COMRADES)

The DARJEELING EXPRESS

Having Everest dangling like a carrot in the distance provided motivation to keep moving.

Destination running, be it road or trail, is a growing sport. And why shouldn't it be? Seeing a new country or city by foot unlocks a unique view of the place, allowing you to get close to the culture, the people, the vibe and the food – and really, to exist more as a local than other tourists do. Recently, *RW* features editor *Bryony McCormick* signed up for a 100-mile stage race through the Indian Himalayas – with travel and trail-running on her agenda.

PHOTOGRAPHS BY **DENISE GIOVANELI**

I've been about 23 hours in transit, squashed into a rattling bus with another 15 participants. We're finally in the beautiful Darjeeling Province of India, and it's flush with tea plantations, lush vegetation, and misty mountain tops.

Quaint, colourful houses decorate the valleys and roadsides, adorned with row upon row of marigold- and bougainvillea-laden pot plants. Bright prayer flags flap in the breeze; and the locals smile, hands in prayer-position over their hearts, greeting you with a quiet *Namasté* as you pass by. Jeeps and buses, overloaded and precarious, blunder along narrow roads, disturbing the peace every once in a while; but only for a while.

Then, as our bus revs and shudders its way higher into the mountains, the calm and peace are replaced by fireworks and festivities. It's Diwali in a week, and clearly the celebrations have already started. Music blares, lights flicker, and festivities erupt everywhere you look. The driver skilfully navigates through a mob of celebrating locals, hands gripping the faux-fur-covered steering wheel, the elephant head of his Ganesh figurine swaying from the rear-view mirror. At last we're in Mirik, our overnight accommodation before the start and finish of the race; and my eyes crinkle at the corners in a personal, internal moment of happiness.

I'm in India to run the Himalayan 100-Mile Stage Race; and so far, it's everything I hoped it would be.

1

2

3

4

1. The locals don't seem to have a problem with altitude. 2. Friendly villagers were the best supporters. 3.Local snacks. 4.The crew's faithful jeeps.

> ***"At any given time you can glance to your right at towering Kanchenjunga, or forwards at Everest."***

5

6

5. Locals teaching me how to make my beloved chapatis at Sandakphu. 6. Porters transport our bags through the jungle to the next overnight stop.

CHOOSING INDIA

Irrespective of our religions or belief systems, I firmly believe there are moments in our lives when the universe and the planets align, and things happen.

For years I'd been considering a trip to India – mostly because I'd grown up in Durban, where you can find the largest population of Indians in the world outside of India; but I'd also studied eastern religions, fallen in love with yoga... and developed a strong relationship with Indian food(!).

My moment came in the form of a simple email, inviting me to participate in this race. Just like that, a wild adventure presented itself. The planets had aligned in my favour, it seemed.

THE RACE

On paper the race looked challenging, to say the least. My biggest concern was the altitude; high enough to make people feel sick and pull out of the race, and I had no idea how I'd cope with it. I was also concerned about the 100-mile (160km) distance over five days – something else I hadn't done before. But hey, it wouldn't be an adventure without a few unknowns.

The route was roughly circular, and started and finished in the same village, Maneybhanjang, about a two-hour drive from the start and finish overnight accommodation in Mirik.

During the five days, we runners would pass through the Sandakphu National Park and the Singalila National Park, and have views of Mount Everest, Kanchenjunga, Lhotse and Makalu in the distance – in case the local villages, rivers, jungles and cobbled tracks weren't enough to keep us entertained. The race organisers and race website boast proudly that this is the most scenic race in the world; and I can confirm that they're not far off.

Pre-race, I'd done what I could to prepare myself. A few runners who'd done the race before had warned me about the elevation gain on Day One, with advice like "Nothing can prepare you for it", and "I had to pull out of Day Two". So I spent a lot of time going up and down the steepest mountain paths I could find.

Others told me to get some altitude training under my belt, which was more difficult; so I didn't. I figured I'd wing that part.

And so, with a healthy level of anxiety (but hours of climbing and descending in my legs), zero altitude training, 37 pre-packed Ziploc bags and a year's supply of Imodium, I jumped on a plane, and took off in the direction of the Himalayas.

Race Director Mr C.S. Pandey's infatuation with the Himalayas was contagious.

DAY ONE – THE START FROM HELL

ROUTE: Maneybhanjang – Sandakphu
DISTANCE & TERRAIN: 39km; cobbled, ankle-breaking rural paths
THE GOOD: Finishing
THE BAD: Everything that came before finishing
THE UGLY: When a local passed me, carrying a wardrobe on his back

The first day is hellish – the solitary reason being that we climb for pretty much the entire 40 kays. We get to enjoy 1 600 metres of elevation gain in just 40 kilometres, and finish at a dizzying 3 600 metres. To put that in perspective, one of South Africa's toughest single-day trail runs, the Salomon Skyrun, has just 1 370 metres of elevation gain over its entire 100 kays. What I'm trying to say is that if you need to imagine the road I ran... just think of a vertical line, straight up into the clouds.

But let me not put you off just yet. The start is humbling; young, Nepalese-Indian girls walk through the crowd, handing out silky white scarves. We're told they've been blessed, and are for safety and courage on the run. Some people pack them away into their running packs; I opt to keep mine on – I'm going to need all the extra help I can get. Mr C.S. Pandey, the race organiser, uses the occasion of the start for yet another speech, which I've come to realise is one of his favourite things to do. Second only to organising people.

Drums beat, people peer out of their homes; and just like that, the race I've travelled across the world to run begins. The serious athletes tear away, while the rest of us jog comfortably through the village. We turn a corner, and ahead of us we see... the uphill from hell. Aside from a short, rolling downhill section in the Sandakphu National Park, this is it, our entire day: one continuous, steep uphill. And when I say steep, I mean crawl-on-your-hands-and-knees steep. *Sure,* you think at first, *this isn't too bad,* and you put your head down and march on. But when you've been walking uphill for 30-odd kays, things start to change. You also gain altitude pretty swiftly, which starts to make you feel like a tyre with a slow puncture.

Because uphills are my weakness, my walking stance naturally starts to fail me, and by the 30-kay mark I resemble a bloodhound – my nose is basically touching the ground, and I'm this close to using my hands and resorting to crawling. Thankfully, I've left a set of trekking poles at the 32-kilometre water table; I use them to unfold my crooked body, and attempt to manufacture some momentum again.

The clouds are thick and there's no view to distract us, just corner after corner, unveiling more and more uphill. I make my umpteenth turn at about 36km and am presented with yet another zig-zagging traverse – something that'd make Sani Pass look like it was for toddlers – and officially lose my sense of humour. I slow down so much I'm almost going backwards. And that's when an elderly (by which I mean 80 in the shade) -looking man walks casually past me, a wardrobe double his size on his back.

A few metres ahead of me, he stops to rest on a broken stone wall. It's cold, I'm over it, and I decide to do the same. We sit in silence, neither of us too bothered with exchanging pleasantries. Then, as though he's finally convinced himself to get going again, he puts his hands on his knees and pushes himself up. He turns and looks at me, and that's the encouragement I need. I do the same, and with a small spark of energy, I wave him off and trundle forwards again.

Because it's so cloudy, the finish comes as a surprise. I'm so happy, I'm giddy. I laugh like a crazy lady, and then I cry. I'm also so cold, I may freeze to death.

I'm moved swiftly along to my lodgings for the next two nights – I'm bunking with two other girls, Sarah and Georgia, both from the UK – and am shown to the bucket of icy water that is to be my shower. Just wiping

OPPOSITE PAGE: PHOTOGRAPHS BY DENISE GIOVANELI (1,2,5); SUPPLIED BY HRT (3,4,6)

PHOTOGRAPH BY **DENISE GIOVANELI**

my face takes my breath away. I opt for a WetWipe bath, followed by putting on every item of clothing I possess. I'm still cold, but I know that a good cup of tea – something there's no shortage of in India – will do the trick. The altitude is noticeable, the weather is cold; but the vibe in the kitchen is spectacular. Because of that treacherous first day, people are congratulating each other, hugging each other and slapping each other's backs as though we've been to war together. To be honest, it felt a little bit like we had.

Over a few quiet beers before bedtime, Ignacio – a wildly crazy Spanish runner, with limited English vocabulary – describes the day best: he called it "criminal" (pronounced "cree-mee-null"). One day down, four to go.

DAY TWO – THE SIGHT-SEEING DAY

ROUTE: Sandakphu – Molle – Sandakphu
D&T: 32km; more cobbled, ankle-breaking rural paths
THE GOOD: Watching the sun rise over Mount Everest, Kanchenjunga, Lhotse and Makalu
THE BAD: Sleeping at altitude. Well, not sleeping much at all, really
THE UGLY: Going for a third day without using the bathroom

Day Two is a blissfully easy (by comparison) and flatter route. It's an out-and-back, and exactly what we need after a day of climbing, to loosen up our bodies. The major challenge is that it's all at 3 600 metres above sea level. To put it in perspective, the highest point in the Drakensberg is Thabana Ntlenyana, and that peaks at 3 482 metres. What this means for Day Two is that the running is slightly slow and sluggish. Fortunately, the views are spectacular. At any given time you can glance to your right at towering Kanchenjunga, or forwards at Everest. It's hard to believe we're in line of sight of the world's mightiest mountains.

I spend the day running with two South African guys, Simon and Gareth, who were midway through a backpacking trip and decided a physical challenge-come-adventure in the Himalayas was due. We catch up to Dave, from the US, and Sahill, the only local runner; and, incidentally, a Hollywood actor – yes, that's an 'H' – from Mumbai. Because of the route, the distance and the view, it's a rather jovial day, and while the altitude certainly affects some, I'm left feeling pretty chipper.

That night we destroy another outstanding meal cooked in the stony kitchen by the Sandakphu locals; and once again we end the night over a few beers, and swopping war stories.

The only thing nagging at me is the fact that I'm physically unable to go to the loo – the opposite experience to what I'd expected, travelling to India – and am feeling rather bloated and uncomfortable. But with luck, my body will do its thing eventually, and Day Three will be a breeze.

DAY THREE – THE LAXATIVE MARATHON DAY

ROUTE: Sandakphu – Phalut – Rimbik
D&T: 42km; cobbles, trail, stony stairs and tar
THE GOOD: 12km of downhill, into welcome oxygen
THE BAD: Deciding to take a laxative
THE UGLY: Being so buggered, a fellow runner literally had to pull me uphill

It's hump day for us, and I wake up feeling gross. Even though I've been constipated, it hasn't stopped me shovelling in the *chapatis* – fresh Indian flatbreads – and my stomach looks like I could be a few months pregnant. The spirit in my room is already low, though; Sarah is (understandably) anxious about the condition of her body. She's had several major operations: to remove her large intestine and create a stomach, and she's running with a colostomy bag. By doing this race, she's also attempting something

"With every metre I drop, my body begins to rejuvenate itself; and before I know it, I'm dancing my way down the mountainside..."

Know Before You Go

VISA: You need a tourist visa to travel to India. indianvisaonline.gov.in has all the info.

FLIGHT: Fly to Delhi, then catch a domestic flight to Bagdogra (JHB to DEL can be as cheap as R6k return; DEL to BAG is around R2k return).

RACE ACCOMMODATION: Accommodation is comfortable, but basic. Bedding is provided, but take an extra sleeping bag for top camp, where the temperature plummets into the negatives. Expect roommates, unless you stipulate none and pay a little more.

RACE FOOD: Food at the overnight stops and at support stations is sufficient, and

Descending into the jungle meant beelining it downhill into oxygen-rich air. The further I decended, the more my body started to rejuvenate itself.

she never thought she'd be able to after her operations; and mentally, she's doubting herself. And Georgia – currently the second-placed runner – is nursing pretty bad injuries; they look like they could pull her out of the race. So I opt to keep my preggie/constipated belly to myself.

At breakfast, one of the South Africans offers me a natural laxative; and somewhat tentatively, I decide to take it. Unfortunately, between then and the start it has no effect. But at the 10-kay mark, it kicks in. And it *really* kicks in. Gareth and I have fallen in stride again, and the poor guy... just four days into our friendship, and he has to wait patiently while I make bush stops all along the way.

The route takes us to the turnaround point from the day before, and then out on an extra loop before dropping us off the mountains, through a jungle, and into Rimbik. I'm moderately okay until we hit the out-and-back. Then, a combination of things – the upset stomach, a tired body, the altitude – seem to gang up on me, and I start losing composure badly. I felt like a champion the day before; but today, most of the field has caught up with me, or are coming close. I catch Adam, a fellow journalist, giving me that 'she's NOT looking good' face when he passes me. I cry a little.

I'm not well, physically or mentally. But I keep at it. At one point, up another devastatingly steep climb, I feel Gareth quietly grab my elbow and tug me uphill. I realise I've been marching on the spot for several moments, thinking I'm moving forwards. It's dire. To his credit, the guy hangs with me, realising the state I'm in.

At the start of the downhill I wave him off, confident I'll be able to get myself to the bottom. And, on my own for the first time that day, I decide to treat myself to some of the race food I'd bought from home, as well as swallowing my first-ever GU energy gel. I pop some headphones on and start off down the single track. With every metre I drop, my body begins to rejuvenate itself; and before I know it, I'm dancing my way down the mountainside, passing runners and locals and generally just having a ball. My stomach has sorted itself out, and I start noticing the vast changes in the scenery around me, as the jungle thickens and the day heats up. Plus there's oxygen, glorious oxygen. By the time I get to the bottom, I've made great time and finish strong – stoked to have the longest day behind me.

Our overnight at the Tenzing Sherpa Lodge is amazing, and it feels good to kick my shoes off and bask in the sun, knock back a beer, and wait for the rest of the field to finish.

tasty. I brought stuff from SA and ended up giving most of it away. Indian food is hands-down unbelievable, and even better than that for vegetarians.

MEDS: There are race doctors, but it's not a bad idea to take the basics. I stocked up on everything under the sun to treat Delhi Belly, but ended up needing the opposite. Also, if you're a lady, take lady-products; India, in general, does not sell tampons – and it's a particularly tough one to explain with charades.

ENTRY: Costs $2 254 (R26 400) to enter. Enter and mention this article and get $400 (R4 700) off.

MORE INFO: Go to himalayan.com for more details, and to register/enter.

PHOTOGRAPH SUPPLIED BY **HRT**

DAY FOUR – THE REST DAY

ROUTE: Rimbik – Palmajua
D&T: 21km; tar. All of it.
THE GOOD: Only having to run for 21 kilometres
THE BAD: Having two blown-out kneecaps from my hero descent the day before
THE UGLY: Eating my body weight in deep-fried *chapatis*

The fourth day provides some mental relief. For the first time, we'll be running entirely on tar. It's an easy day: 10 kilometres downhill, over the Lodhoma River, and 11 kays up, through the Singalila National Park.

I'd started with a bit of a crew, but I end up on my own, and really soak up the surroundings. I high-five kids, *Namasté* local villagers, and even get stopped by policewomen – twice – for a selfie. (Their selfies, not mine.) In the last few hundred metres a young local girl runs with me for a bit, clinging on to my hand and laughing loudly. It's only when we finish that I notice she's wearing an "I ♥ SA" T-shirt – such a coincidence it brings tears to my eyes. (Side note: you get overemotional at endurance events.)

A bus takes us back to camp, where we all maximise the extra free time normally spent running. With Diwali just days away, the village is buzzing. The evening is brought to a close with a cultural talent show, in which competitors from each country have to perform a short skit. Cringe-worthy, at times; but humbling and moving too.

Our two nights in Rimbik are everything I'd ever dreamt India would be: a combination of awesome running, cold beers shared with great people, home-cooked meals, friendly locals, quaint and peaceful accommodation – and all the while, the Ramman River valley providing a lush, green backdrop for it all.

And the best thing is, only one day stands between all of us and finishing a 100-mile stage run.

10 Lessons I Learnt in India

1 You cannot eat too many *chapatis*, especially when they're warm off the fire. Believe me, I tried.

2 If you ask a local a difficult question, you will get a head wobble.

3 It *is* possible to become constipated in India.

4 Cows have right of way. Quadruple-lane highways in rush hour can literally be brought to a standstill by cows crossing.

5 As crazy as it seems, the driving system works. The rule: only worry about the car in front of you. Think about it…

6 Don't fight the altitude: take things slowly, let your body adapt.

7 People and event organisers make an event. I lucked out in this department.

8 The smog in Delhi is so severe you can look directly at the sun at any time of the day.

9 Indians take Diwali seriously. Their houses may not have windows – or walls – but they'll have 800 000 LEDs hanging from the ceiling.

10 If you don't want to get a tummy bug, eat the local yoghurt and drink a local beer when you land. (Advice from Adam, my fellow journalist – and it worked. Something about the bacteria…)

PHOTOGRAPHS SUPPLIED BY HRT; DENISE GIOVANELI (TOP RIGHT)

L-R: This local's shirt was a coincidence! The third and fourth day are entirely on tar, but the views remain awesome. The kids cheered us on like celebs.

DAY FIVE – THE FINAL DAY

ROUTE: Palmajua – Maneybhanjang
D&T: 27km; more tar
THE GOOD: Crossing that finish line
THE BAD: The first 10 kays of uphill
THE UGLY: Accidentally catching a glimpse of a fellow runner relieving himself… and he wasn't having a wee

The final day dawns, and spirits are high, regardless of the injuries, blisters and broken bodies. Even if we have to crawl, the finish line is in sight. Today's route is fairly relaxed, with a good 10-kay uphill to start with, and then a slow, undulating downhill to the finish line back in Maneybhanjang. Everyone starts off slowly, bodies warming up, knees creaking, joints protesting; but the uphill goes by fairly quickly.

By the time I start the second half of the day, I'm on my own again; I opt for some Rice Krispie Treats and Jon Mayer to get me through the kilometres. Without knowing it, I'm gaining ground on the guys that I'd run with on and off for the entire five days, and I catch them with about four kays to go. It seems fitting to share the finish line with them – these people I'd 'gone to war with' on the first day, who'd pulled me up hills, and let me use their phones to contact boyfriend-back-home for much-needed pep talks and I-love-you's.

We can hear the finish before we can see it: drums beating, kids squealing – and oddly, a set of bagpipes piping.

It's hard to explain what it feels like at the end. You've had so much time to digest the thought of it during the five days that when it actually happens, you're not sure what to do. I guess for me, as with most of the endurance events I've done, the highlight is this last kay, when my body and mind are drunk on the euphoria: that I'm going to make it, that I'm going to achieve this incredible thing. All my anxiety disappears, my injuries seem to fade, and the experiences from five days suddenly well up inside me and turn into an overwhelming ball of emotion, which comes out in the form of giddy laughter, happy tears, high-fives and hugs.

I lean forward to get my finishing scarf, take in a breath, and soak in the moment, storing a memory I'll carry with me until I'm old, and bingo's my only form of entertainment.

> *"…the highlight is this last kay, when my body and mind are drunk on euphoria: that I'm going to make it…"*

THE REWARD

It's only on the plane home that it really dawns on me what I've done, who I've met, the places I've seen. I sit in my economy seat, hips locked in cramp, slops on swollen feet, knees thudding with pain, and consider the achievement and the adventure. As I fidget with my prayer beads – I bought a set, of course – I'm overwhelmed by a sense of satisfaction and peace. Not only had I set out to achieve something I'd never done, and actually achieved it; I'd also experienced such kindness and such hospitality, in one of the most diverse and beautiful countries I've ever visited. I got to see the best of India, with some of the best people, from my fellow runners to the organisers and crew. How many travellers – gosh, how many *locals* – can say that?

FEATURED RACE

Oorlogskloof Trail Run

A true wilderness...

Win the War: Do battle with fellow wilderness devotees in the Oorlogskloof Reserve.

COURTESY OF RACE ORGANISERS

THE DETAILS

Date: Saturday 25 April
Venue: Oorlogskloof Nature Reserve (just outside Nieuwoudtville, on the R27)
Distance and time: 42km (teams of 2): 7:30am; 18km & 5km (solo): 8am
Entries and registration: Limited pre-entries, available at www.quantumadventures.co.za, will close on 19 April. Register on 24 April, at race venue.
Website: www.quantumadventures.co.za

WHAT TO EXPECT

Wilderness running at its best: the edge of a plateau, rock formations, rock art, caverns, ravines, caves, and boulders. A good reason to run the 42km is the natural springs that act as water points. But even those who opt for the 5km will benefit from beautiful surroundings.

WHAT'S INCLUDED?

Camping, reserve permits, meals and refreshments, and branded headwear are included in your race entry. There are also great prizes up for grabs. Fancy some post-race grub? Check out these filling eateries...

Die Blou Nartjie (Calvinia): South African food, and vegetarian options. 027 341 1263

Hantam Huis Restaurant (Calvinia): Try traditional *moerkoffie,* rooibos tea or homemade ginger beer. 027 341 1606

Paiter's Grill Restaurant (Vredendal): Steakhouse and seafood. Closed on Sundays. 027 213 1877

WHERE TO STAY

In and around Nieuwoudtville...

Hotel
Tankwa Lodge (Calvinia): from R300. 027 341 1512

Guest House
Die Blou Nartjie (Calvinia): from R290. 027 341 1263
Swiss Villa Guest House (Nieuwoudtville): from R340. 027 218 1347

Bed & Breakfast
Hantam Huis (Calvinia): from R395. 027 341 1606
Kliprivier Guest Farm (Nieuwoudtville): from R300. 027 218 1204

Self-Catering
Papkuilsfontein Guest Farm (Nieuwoudtville): from R395. 027 218 1246

Camping
Groenrivier Campsite (Nieuwoudtville): from R60. 027 218 1265
Papkuilsfontein Guest Farm (Nieuwoudtville): from R80. 027 218 1246

WHAT ELSE TO DO IN NIEUWOUDTVILLE AND THE KAROO...

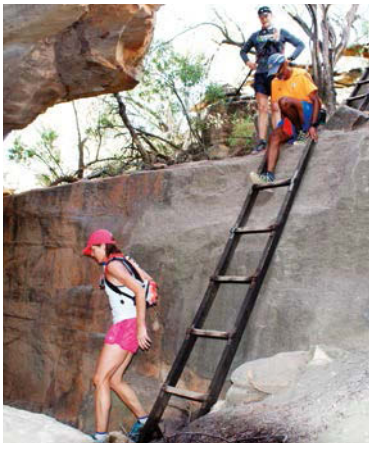
Animals & nature...
Nieuwoudtville waterfall; quiver tree forest; Oorlogskloof

In Sutherland...
Sterland; Sutherland Star-Gazing Trip; SA Astronomical Observatory

Landmarks...
Succulent Nursery; Ria Huysamen Aloe Garden; the Windpomp Museum (Loeriesfontein); Victoria Trading Post

Action & adventure...
Oorlogskloof Rameron Pigeon Trail; Oorlogskloof Papkuilsfontein MTB Route; Oorlogskloof Rock Pigeon Hiking Trail

Aches and Ladders: From narrow caves to wide-open spaces, Oorlogskloof has it all.



PHOTOGRAPHS COURTESY OF WWW.NIEUWOUDTVILLE.COM

RACE DIARY

All the April running, multi-sport and adventure race listings.

Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

A race that prides itself on having some of the best water stations in the country.

ED'S CHOICE

KWAZULU-NATAL

SATURDAY 11 APRIL

5 21.1 52

50th N3TC Arthur Cresswell Memorial Marathon

Bencor Boerdery, Bergville (Old Farmers Hall), Ladysmith; N3TC Arthur Cresswell 52km: 6am; Ladysmith Sport Complex; N3TC 21.1km: 7am; Friday 10 April; Ladysmith Sport Complex (GPS co-ordinates: S28.569668; E29.767035); Khanyisile Trust 5km Fun Run/Walk: 3pm
Race Organiser 076 536 7070
www.ladysmithathleticclub.co.za

In commemoration of the 50th marathon event, each runner will receive a medal featuring a unique serial number. R10 from every entry will be donated to the Khanyisile Trust. There will also be team prizes for the first three runners of a club to cross the finish line, in both the 52km and the 21.1km.

DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM

PHOTOGRAPHS COURTESY OF **RACE ORGANISERS**

WESTERN CAPE

BOLAND

SATURDAY 11 APRIL

5 10

Delta Draf
Solms-Delta Wine Estate, Delta Road (off the R45), Groot Drakenstein, Franschhoek Valley; 10km: 8am; 5km Fun Run: 8:15am
Nolan Hendon 072 785 6529

SOUTH-WEST DISTRICTS

SATURDAY 18 APRIL

5 10

Great Brak River 10km Run/Walk and 5km Fun Run
Vorentoe Primary, Long Street, Bergsig, Great Brak River; 10km Run/Walk: 7am; 5km Fun Run: 7:30am
Jacob Karelse 073 081 7484

SATURDAY 25 APRIL

5 21.1 42.2 50

Outeniqua 50km, Marathon & Half Marathon
George Sports Club, George; 50km & 42.2km: 7am; Garden Route Dam, George; 21.1km: 8am; Ebb & Flow, Wilderness; 5km Fun Run/Walk: 9am
Alf Zemke 083 650 5098
www.aswd.co.za

WESTERN PROVINCE

FRIDAY 3 APRIL

56m 300m 2.1 5.6

Old Mutual Two Oceans Fun Runs
University of Cape Town (UCT) rugby fields, Upper Campus, Rondebosch; 56m: 12:30pm; 300m: 1pm; 2.1km: 1:30pm; 5.6km: 11am
Race Office 087 740 5260
www.twooceansmarathon.org.za

5

Old Mutual Two Oceans Marathon International Friendship Run
V&A Waterfront, Cape Town; 5km Run/Walk: 9:30am
Race Office 087 740 5260
www.twooceansmarathon.org.za

SATURDAY 4 APRIL

21.1 56

Old Mutual Two Oceans Ultra and Half Marathon
Outside SA Breweries, Main Road, Newlands; 21.1km: 6am; 56km: 6:30am
Race Office 087 740 5260
www.twooceansmarathon.org.za

SATURDAY 18 APRIL

5 21.1

Leapfrog Gordon's Bay 21km Race & 5km Fun Run
Gordon's Bay Primary School, Avondrus Street, Gordon's Bay; 21.1km: 7am; 5km Fun Run: 7:30am
Kevin Wearing 082 676 0109
www.leapfrog-gordonsbayrace.co.za

12

Way2Wine
Nitida Wine Estate, Tygerberg Valley Road, Durbanville; 12km; 10am
Olivia Ness 082 496 8839 / Heidi Eloff 082 925 7546
www.way2wine.co.za

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: **WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR**

SATURDAY 25 APRIL

5 10 21.1 42.2

Langebaan Country Estate Weskus Marathon
The Golf Club, Langebaan Country Estate (LCE), 1 Oostewal Road, Langebaan; 42.2km: 7am; 21.1km: 7:15am; 10km: 7:30am; 5km Fun Run: 8:15am
Langebaan Strandlopers 074 233 8865
www.weskusmarathon.co.za / www.strandlopers.co.za

GAUTENG

CENTRAL GAUTENG

FRIDAY 3 – SUNDAY 5 APRIL

100

Randburg Harriers Easter 100 – 3 Days
Randburg Central Sports Complex, Republic Road, Ferndale, Johannesburg; 100km: 6am
Michelle Knotzer 011 792 7003

SATURDAY 11 APRIL

5 10 21.1

Ford Athletics Club 3 in 1 Run & Walk
Ford Motor Company (Sports Ground), corner of Simon Vermooten and Alwyn Road; 21.1km & 10km: 6:30am; 5km Fun Run: 6:45am
Dennis 083 567 8128

5

Holi One Colour Festival 2015 – Johannesburg
The Riversands Incubation Hub, corner of William Nicol and Rose Road, Johannesburg; 5km: 12pm
www.holione.com

SUNDAY 12 APRIL

5 10 21.1

The Birchwood Cross the Line Half Marathon
Birchwood Bus Gate, Birchwood Hotel & OR Tambo Conference Centre, 14 View Point Road, Boksburg; 21.1km & 10km: 6:30am; 5km Fun Run: 6:45am
Kate Wood 082 903 9722 / Carol Wallace 082 886 2898

5 10

Zoo Trot 10km & 5km
Centenary Lawn at the Zoo, Johannesburg; 10km & 5km: 7:30am
Sophia Mtshali 011 646 2000 (ext 221)

SUNDAY 19 APRIL

5 15 32

Harcourts Alan Robb
Germiston Stadium, Delville North Road, Germiston; 32km & 15km: 6:30am, 5km Fun Run: 6:45am
Les Black 082 552 7866

WEDNESDAY 22 APRIL

10

Noordheuwel 10km Nite
Noordheuwel High School, Bell Drive, Krugersdorp; 10km: 7pm
Michelle du Toit 082 783 5647

SUNDAY 26 APRIL

5 10 21.1 42.2 50

Slow-Mag Marathon & Half Marathon
Benoni Northerns Sports Club, Albert Bekker Park, Brodigan Street, Northmead, Benoni; 50km, 42.2km & 21.1km: 6:30am; 10km & 5km Fun Run: 6:40am
Madge Attwell 083 573 1011

ED'S CHOICE

SOUTH WEST DISTRICTS

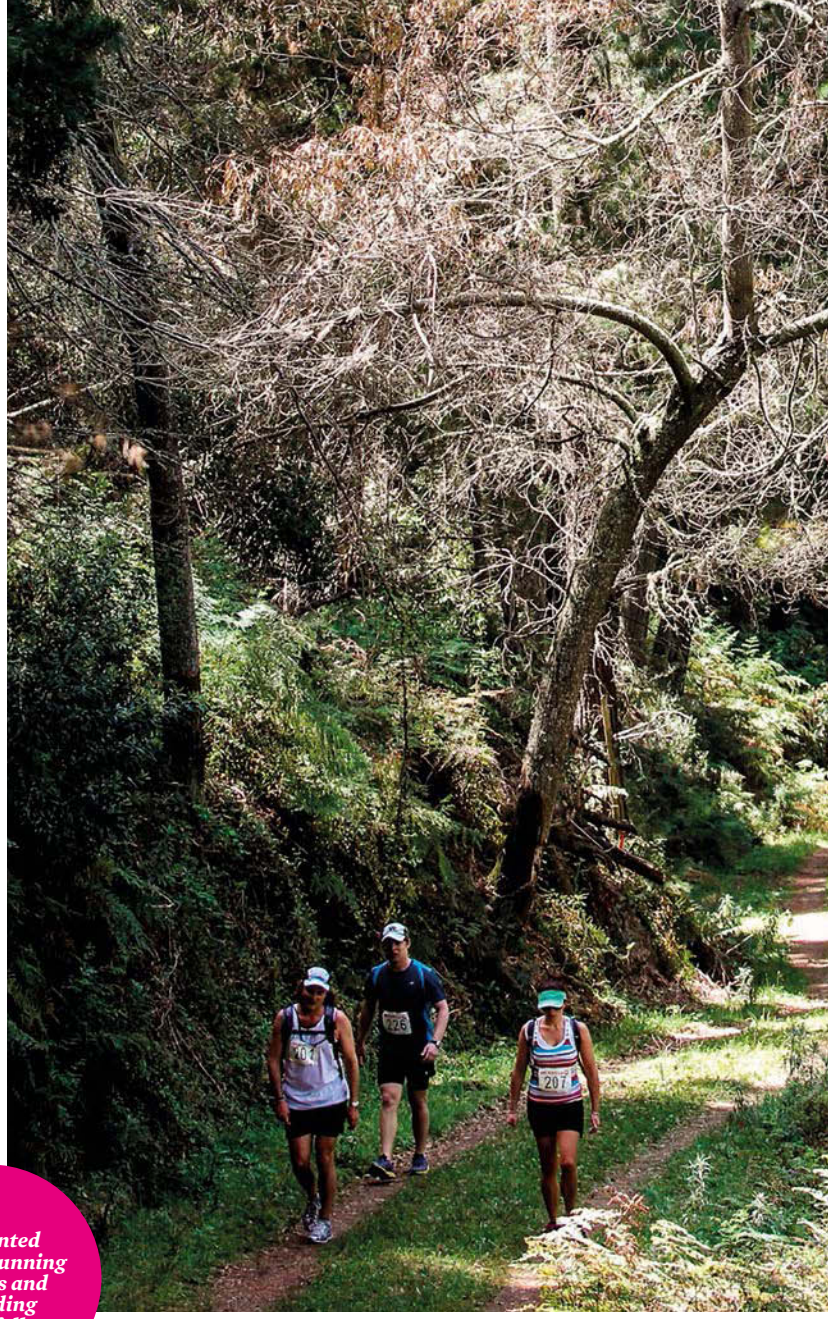
SATURDAY 11 APRIL

10 21.1

Klein Karoo Kunstefees Half Marathon
Wesbank Primary, Park Road, Oudtshoorn, South West Districts; 21.1km & 10km: 7am
David McKinnon 082 374 8632

A rather special occasion for race walkers, the event is one of the SWD trials (contact David for more info). The Klein Karoo National Arts Festival is happening on the same weekend – you'll find curio and craft markets, food stalls, beer tents and live music.

PHOTOGRAPHS COURTESY OF **RACE ORGANISERS**



Enchanted forests, running streams and cascading waterfalls.

PHOTOGRAPHS BY **CRAIG MULLER** (TOP RIGHT); **BRUCE VIAENE**

ED'S CHOICE

EASTERN CAPE

SATURDAY 25 - SUNDAY 26 APRIL

5 16 38 100

Merrell Hobbit Trail Runs, presented by NIKwax

Arminel Hotel, 18 Main Road, Hogsback (shuttle to Maden Dam); 25 April: 100km: 6am; 26 April: 38km: 7am; 16km: 9am; 5km: 9:30am
Tatum Prins 083 449 0760
www.mountainrunner.co.za

Woodlands, waterfalls and the Amatola mountains – the Hogsback region of the Eastern Cape sure is spectacular. And no matter what distance you choose to run, the scenery and trails will leave you spoilt for choice.

MONDAY 27 APRIL

5 10 21.1

Sportsmans Warehouse Cradle of Humankind Half Marathon & 10km
Makiti Wedding Venue (opposite the Sterkfontein Caves, in the Cradle of Humankind); 21.1km & 10km: 7am; 5km Fun Run: 7:15am
Sharlene Gagiano 083 512 9640

GAUTENG NORTH

MONDAY 6 APRIL

5 10 21.1

Pick n Pay & The Grove Mall 10km Family Day Run/Walk
The Grove Mall, Equestria, Pretoria; 21.1km & 10km: 7am; 5km Fun Run: 7:15am
Daan du Toit 082 572 4169

SATURDAY 11 APRIL

5 10 21.1

Ford 10km & 21.1km
Ford Motor Company of South Africa, Waltloo, Silverton; 21.1km & 10km: 6:30am; 5km Fun Run: 6:45am
Pat 083 895 3988

SATURDAY 18 APRIL

5 10 21.1

PnP SoshMorula Running Club Half Marathon & 10km
Giant Stadium, Tshwane; 21.1km & 10km: 7am; 5km Fun Run: 7:15am
Solly Raborife 082 774 3202

SATURDAY 25 APRIL

5 10

Solomon Kalushi Mahlangu 10km
Moretele Resort, Mamelodi West, Pretoria; 10km & 5km Fun Run: 6:30am
Walter 072 196 7821

VAAL TRIANGLE

No races scheduled for this period.

EASTERN CAPE

BORDER

SATURDAY 18 APRIL

5 15 25 50

38th Spar Bruintjieshoogte Ultra Marathon
Pearston Town Hall (a small town in the Eastern Karoo, 50km on the Somerset Road); 50km: 6am; Top of Bruintjieshoogte Pass (on the R63, between Somerset East and Pearston); 25km: 7am; close to Swaerhoek / Cradock turnoff; 15km: 7am; Gill Primary School, College Road, Somerset East; 5km Fun Run / Trail Run/ Walk: 8am
Benice Putter 083 448 3037

EASTERN PROVINCE

SATURDAY 25 APRIL

5 21.1

Aspen Pharmacare Hydra Assist Half Marathon
EP Command Army Base, Willow Road, Forest Hill; 21.1km: 6:30am; 5km Family Fun Run: 7am
Wendy Denston 076 834 8124

5 10 25

Chris Hani Freedom Marathon
Sabalele (on the R61, closest town: Queenstown); 25km: 8am; 10km: 8:30am; 5km Fun Run: 8:45am
Sheena O'Keefe 072 293 4974

FREE STATE

SATURDAY 11 APRIL

10 42.2

Willem Pretorius Wildsfees
Willem Pretorius Game Reserve (closest town: Ventersburg); 42.2km: 6am; 10km: 6:30am
Philip McLaren 082 452 4569 / Marius Bester 073 187 9245

NORTH WEST PROVINCE

CENTRAL NORTH WEST

SATURDAY 18 APRIL

60

Pre-Comrades 60km Long Run
Klerksdorp Marathon Club, Goue Street, Klerksdorp; 60km: 5:30am
Robin Stocken 082 469 3330 / Marius van Heerden 082 487 7290

NORTH WEST NORTH

No races are scheduled for this period.

KWAZULU-NATAL

SUNDAY 12 APRIL

10 21.1

Oasis Crescent Challenge
Cycle Stadium, Oasis Crescent, Durban; 21.1km & 10km Run/Walk: 6:30am
Ms Jubera 083 550 0600

SUNDAY 19 APRIL

25 52

Chatsworth Freedom Run
Chatsworth Stadium, Durban; 52km & 25km Run/Walk: 5:30am
Gerald 083 278 2829
www.chatsworthathletic.co.za

MPUMALANGA

SATURDAY 11 APRIL

10 21.1 42.2

Gert Sibande Marathon
Gert Sibande District Municipality, corner Joubert and Oosthuise Streets, Ermelo; 42.2km, 21.1km & 10km: 6am
Sabelo Sikhakhane 082 430 8057

SATURDAY 18 APRIL

4.9 21.1 50

The 30th FOREVER Loskop Ultra Marathon
Municipal Offices, Wanderers Avenue, Middelburg; 50km: 6am; Damwal Complex, Loskop Nature Reserve (closest town: Kranspoort); 21.1km Loskop Wild Challenge: 6:30am; 4.9km Rhino Fun Run: 6:40am
Loskop Marathon Admin Office 060 358 8546 / 013 243 2683
www.loskopmarathon.co.za

MONDAY 27 APRIL

10 21.1

Bethal Half Marathon
Marietjie van Niekerk Primary School, New Bethal East, Bethal; 21.1km & 10km: 7am
Pieter Botes 082 920 7555

LIMPOPO

SATURDAY 11 APRIL

10 21.1 42.2

Bosveld 3-in-1
Soutpansberg Athletics Club, Breda Street, Louis Trichardt, Makhado; 42.2km: 6am; 21.1km: 1:30pm; 10km: 5pm
Hennie Coetzee 082 929 8154

TRAIL RUNNING

WEDNESDAY 1 APRIL

4 8

Kinetic Night Trail Run
Woodmead Country Club, corner of Woodlands Drive and Lincoln Street, Woodmead; 8km: 7:30pm; 4km: 7:40pm
Stephen Muller 083 226 3265

FRIDAY 3 APRIL

10 22

Old Mutual Two Oceans Trail Runs
Jameson Plaza, University of Cape Town (UCT) Grounds, Rondebosch; 22km: 7:30am; 10km: 7am
Esti Pretorius 021 424 4579
www.energyevents.co.za

5 11 18

Pennypinchers Cairnbrogie Easter Trail Run, organised by The Pennypinchers AR Team
Cairnbrogie Farm, Plettenberg Bay; 18km, 11km & 5km: 8.30am
James Stewart 082 925 7885

SATURDAY 4 APRIL

3 8 15

Overberg Valley Trail Run
Vinters Cellar (off the N2, towards the Steenbras Dam), Oudebrug, Grabouw; 15km: 8am; 8km & 3km: 8:15am
Ugene Nel 021 789 0188
www.quantumadventures.co.za

5.5 19

Spar Goukamma Traverse, presented by Lake Pleasant Living
Cape Nature Goukamma Reserve (access from Buffalo Bay Road), Sedgefield: 19km: 8:15am; Village Green, Sedgefield; 5.5km: 8:15am
Amanda Dixon (Tumbleweeds Events) 072 949 3002
www.tumbleweeds.co.za

SUNDAY 5 APRIL

1 5 10

Love Trail
Splashy Fen Farm Market Area (just outside Underberg, in the Drakensberg); 10km: 9am; 5km: 9:15am; 1km: 10am
Contact lovetrail@trailmag.co.za

5 12 18

Umhlanga Trail Run and Walk
Umhlanga Beachfront; 18km, 12km & 5km: 6am
www.kzntrailrunning.co.za

WEDNESDAY 8 APRIL

5 8

Merrell Autumn Night Run Series... powered by Black Diamond. Hosted at Simon's Restaurant
Simon's Restaurant, Groot Constantia Wine Estate, Groot Constantia Road, Groot Constantia, Cape Town; 8km & 5km: 6:30pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

Charitable entrants walk for health, wealth and unity.

ED'S CHOICE

CENTRAL GAUTENG

SUNDAY 19 APRIL

6 12

30th Annual Gandhi Walk
Gandhi Hall, Impala Crescent, Ext. 5, Lenasia; 12km: 9am; 6km: 9:15am
Mahendra Modi 083 288 4178 / Amit Parbhucharan 083 400 3050
www.gandhiwalk.org.za

Thirty years – and still walking. This iconic event is celebrating a huge milestone in 2015, raising both awareness and funds for various NGOs, NPOs and charitable organisations in the community. Bring along the family and enjoy an eastern 'Entertainment Extravaganza', hosted by JYM, and tuck into delicious grub.

PHOTOGRAPHS COURTESY OF **RACE ORGANISERS**

WEDNESDAY 15 APRIL

5 10

Giba Monthly Night Trail
Giba Gorge, 110 Stockville Road, Pinetown; 10km & 5km: 6:30pm
Andrew Booth 082 603 4098; www.kzntrailrunning.co.za

5 8

Merrell Autumn Night Run Series... powered by Black Diamond. Hosted at Simon's Restaurant
Simon's Restaurant, Groot Constantia Wine Estate, Groot Constantia Road, Groot Constantia, Cape Town; 8km & 5km: 6:30pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

THURSDAY 16 APRIL

5 8.5

Biogen Lumo Night Trail Run presented by Runtastic
PWC Cycle Park, 1A Libertas Street (off Sloane Street), Bryanston; 8.5km & 5km: 7:15pm
Richard Beswick 011 367 0661 / 083 600 1289
www.ilumin8events.com/events/biogen-lumo-night-trail-run

SATURDAY 18 APRIL

10.2

The Mast Challenge
Arboretum Gate, Tokai Forest, Cape Town; 10.2km: 6am
Esti Pretorius / Nico Schlebusch 021 424 4579 / 072 924 2371
www.energyevents.co.za

SUNDAY 19 APRIL

9 15 25

Simonsberg Trail Run
Uitkyk Wine Estate, R44, Klapmuts, Stellenbosch; 25km: 7:30am; 15km: 7:45am; 9km: 8am
Dirtopia 021 884 4752; www.dirtopia.co.za

5 14

Volunteer Wildfire Services presents Fire & Fynbos Awareness Day
Lievland Wine Estate (on the R44), Klapmuts, Stellenbosch; Fireman's Revenge 14km Trail Run: 8am; Beat the Heat 5km Fun Run: 8:15am
Race Co-ordinator 082 579 8000; www.vws.org.za

WEDNESDAY 22 APRIL

5 8

Merrell Autumn Night Run Series... powered by Black Diamond. Hosted at Simon's Restaurant
Simon's Restaurant, Groot Constantia Wine Estate, Groot Constantia Road, Groot Constantia, Cape Town; 8km & 5km: 6:30pm
Tatum Prins 083 449 0760
www.mountainrunner.co.za

SATURDAY 25 APRIL

5 10 21 42.2

Ingeli Skymarathon
Ingeli Forest Lodge, R56, Harding (closest town: Kokstad); 42km SkyMarathon: 6am; 21km Mountain Challenge: 8am; 10km Trail Run: 9am; 5km Trail Run: 9:15am
Andrew Booth 082 603 4098
www.ingeliadventures.com/#!ingeli-trail-/cwz

K-Way Platteklip Charity Challenge
Lower Cable Station, Tafelberg Road, Cape Town; 6am
Anton de Waal 083 443 0575
www.charitychallenge.co.za

SUNDAY 26 APRIL

11 17

Arabella Challenge Trail Run & Mountain Bike Race
Arabella Country Estate (Phase 2 site), R44, Kleinmond, Overberg Kleinmond; 17km & 11km: 8am
Ielhaam Gabriels 028 284 0000
www.africanpridehotels.com/hotels/Pages/arabella-hotel-spa.aspx

ADVENTURE RACING

SATURDAY 11 APRIL

The Beast
Distances: 15km, 10km & 5km
Disciplines: trail running, obstacles
Amazingwe, Plot 199, Pelindaba Road, Broederstroom (R512)
Michelle Knezovich info@beastchallenge.co.za
Website: www.beastchallenge.co.za

Urban Series
Distances: 3-4km, 2km (novice), 400m (kiddies)
Disciplines: trail running, orienteering
Houghton Golf Course, corner of Osborn and Grant Avenue, Johannesburg
Lisa de Speville 082 936 2509
Website: www.ar.co.za/metrogaine-joburg

SATURDAY 11 – SUNDAY 12 APRIL

IMPI Challenge Obstacle Trail Run
Distances:
IMPI Elite: 20km, with 26-28 obstacles
IMPI Challenge: 11-12km, with 18-20 obstacles
IMPI Corporate: as above, with VIP treatment
IMPI Dash: 5-6km, with 7-9 obstacles
IMPI Mini: 1km, with a few obstacles
Disciplines: trail running, obstacles
Lievland Wine Estate, R44, Klapmuts, Stellenbosch
Website: http://bit.ly/IMPIevents

SUNDAY 12 APRIL

Kinetic Adventure
Distances: 16km MTB, 7km trail run, 1-2km kayak
Disciplines: MTB, trail running, kayaking, orienteering, obstacles
Venue TBA
Stephen Muller 083 807 8027
Website: www.kineticgear.co.za

SATURDAY 18 APRIL

Urban Series
Distances: 3-4km, 2km (novice), 400m (kiddies)
Disciplines: trail running, orienteering
Randpark Golf Course, Randburg
Lisa de Speville 082 936 2509
Website: www.ar.co.za/metrogaine-joburg

WEDNESDAY 29 APRIL – SATURDAY 2 MAY

X-Berg Challenge 2015
Disciplines: paragliding, trail running, MTB
Oliviershoek Pass, Drakensberg
X-Berg Team xcafrica@gmail.com
Website: www.xcafrica.com/

MULTI-SPORT

SUNDAY 19 APRIL

Trinity Sports Sprint Triathlon & Duathlon
Germiston Lake, Webber, Germiston
Triathlon
Sprint: 750m swim, 20km bike, 5km run
Mini: 400m swim, 10km bike, 1.25km run
Young Kids: 80m swim, 1 100m bike, 500m run
Duathlon
Sprint: 5km run, 20km bike, 5km run
Mini: 2.5km run, 10km bike, 1.25km run
Young Kids: 500m run, 1 100m bike, 500m run
Website: www.trinitysports.co.za

SATURDAY 25 – SUNDAY 26 APRIL

Discovery World Triathlon Cape Town
V&A Waterfront, Cape Town
Olympic: 1 500m swim, 40km bike, 10km run
Sprint: 500m swim, 20km bike, 5km run
Website: www.capetown.triathlon.org

WALKING

No races scheduled for this period.

Ask The Coach
Tips and tactics for acing race day

OH, CRAMP!

I cramp at Two Oceans and Comrades, but not at other races of the same distance. Why's that? – Radford, Kenton-On-Sea

The exact cause of cramp has yet to be determined. Here's what we do know:

Cramp once, and it's likely you'll cramp again; it's caused more by fatigue than electrolyte imbalance – but not all tired runners cramp. And there's enough evidence from surveys to suggest using products that replace electrolytes can alleviate roughly 30% of cramps.

Your issue is a bit more complex. You're fine over a certain distance, but on longer runs you're cramping inside the distance you'd usually cover with no issues.

The problem, I believe, lies in the nature of Comrades and Two Oceans. Both have long, hard climbs, and long, hard downhills. A unique camber runs through these tough sections. These factors are probably leading to early fatigue, and earlier cramp; because from these points, the route doesn't let up.

So do more strength training, and mimic the route – in terms of difficulty and camber – in your training runs. Take more walk breaks earlier on in the race, especially on those tough climbs. And finally, ask yourself honestly: have I gone out too fast, at a pace so unsustainable it's caused excessive fatigue?

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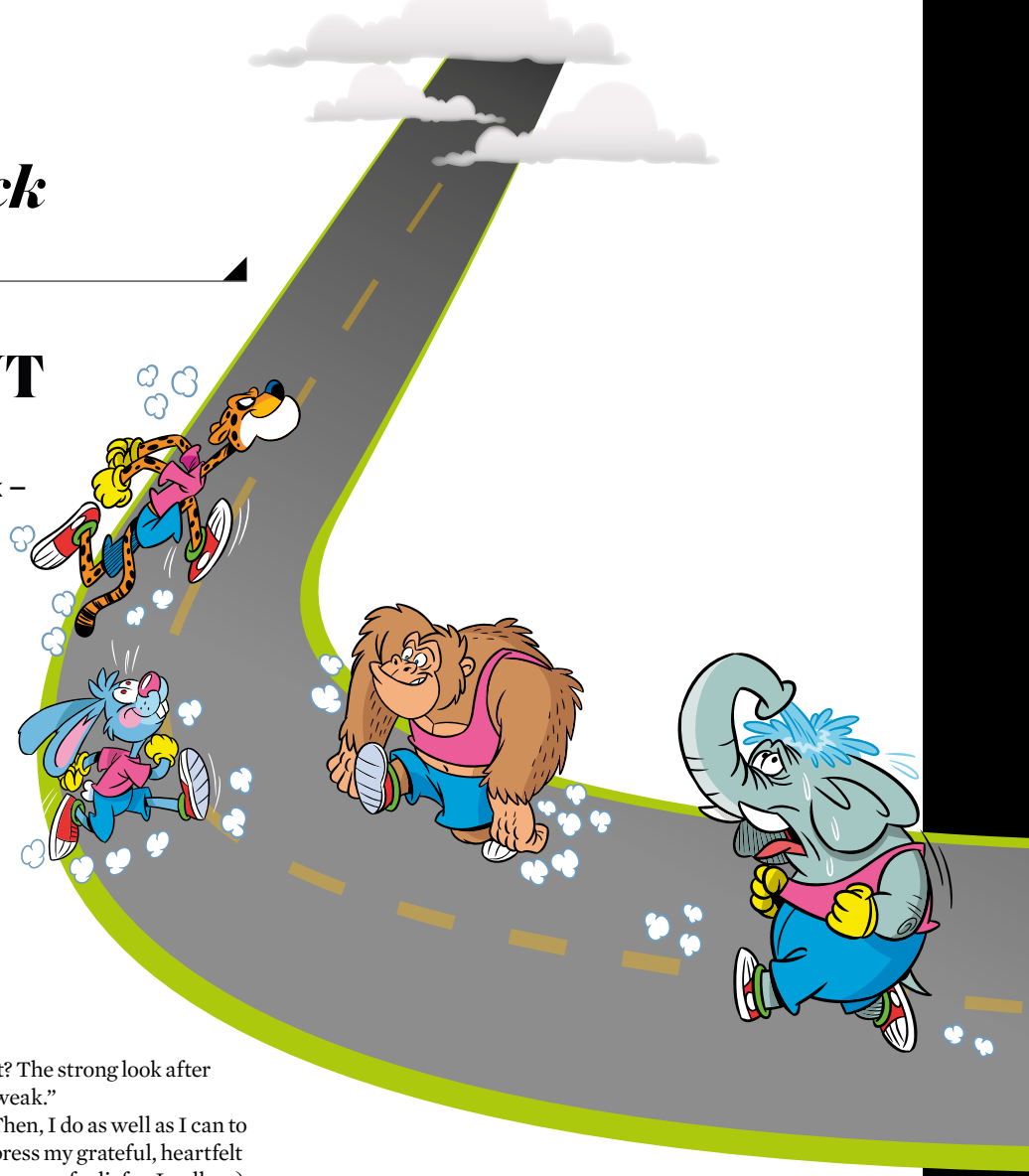
BY BRUCE PINNOCK

THE ELEPHANT UP THE HILL

Everybody wants to stop and walk – but no-one will admit it.



Running with a group is wonderful. The sun shines. There's a big rainbow. Sometimes, even a unicorn. Everyone chatters gaily, running at exactly the same pace, in blissful harmony.

That is, until you reach the dreaded hill. All of a sudden, a dark cloud appears: I wouldn't say that said cloud-of-imminent-doom resembles full-blown anxiety; it's more like a slight yet nonetheless noticeable increase in uneasiness.

They may not be saying it, but everyone's thinking it: *Who'll be the first to cave in, and... walk?*

Secretly, all the members of the group hope someone else will break down. Because, let's face it – you could end up running all the way to the top of the hill. And nobody wants that. It could kill you!

On the other hand, you definitely don't want to go down in running-club history as the wimp who cracked first. You might think that by making this noble gesture, you'd be sacrificing your pride for the good of your running companions. But inside, they're all gloating. They're saying to themselves, "Bruce – you are the weakest link. Goodbye."

(What makes this especially bitter is that you know, from first-hand experience, that they're only too relieved to be able to stop running.)

If one of the other – weaker – runners decides to throw in the towel, I usually make a point of being very understanding. And sympathetic. I'll say, "What's that? You need to walk? Walking hadn't crossed my mind, but I do understand. If you're taking strain, then of course I'll hang back with you. After all, that's what friends are for, right? The strong look after the weak."

(Then, I do as well as I can to suppress my grateful, heartfelt whimpers of relief as I pull up.)

This is exactly why you should choose your running mates carefully. The last thing you need is a 'friend' who grits his teeth, resolutely refusing to admit defeat. In short – those with a higher pain threshold than you have.

I've run with people like this before. They're obstinate. Selfish. Is it really that hard to concede that a little walk wouldn't be a bad idea? Why've they got to be so macho about it?

So, my solution to you is to find running partners with a lower pain threshold – at least, lower than yours. But how do you know that's the case, having never run with them before? 1) Line up a likely specimen; 2) While carefully searching for signs of weakness, give him a sharp kick in the shin (or depending on his size, smack-bang on the noodle!); 3) Note especially sharp intakes of breath or girly whimpering; and finally 4) If none of these signs are revealed, it's safe to cross him off your list. Though it may be wise to haul ass away. And fast. Preferably before he recovers.

"Is it really that hard to concede that a little walk wouldn't be a bad idea?"

As you can imagine, this method isn't always easy – or indeed, wise – to execute. Perhaps less life-threatening is to observe runners in other situations that require an inherently high pain threshold. For instance, a father who's able to sit through a dance eisteddfod in which his four-year-old daughter is 346th on the list is surely made of the good stuff. Enduring all 345 of the little girls that come before his own – all wearing pink and white, looking exactly the same, and doing exactly the same out-of-time twirls and toe-pointing, interspersed with cute nose-picking – demonstrates a pain threshold of the highest degree. Especially if he stays awake.

He's the kind of hard-core guy who can run up a 1:10 hill, in 35-degree heat, with a stonking hangover. And he, my friend, is one elephant you'd be wise to avoid.

PHOTOGRAPH BY ISTOCKPHOTO

WHATEVER HE GROWS UP TO BE... HE *WILL* GROW UP

THANKS TO YOU

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